'A SLIGHTLY DARKER SIDE'
NARNIA'S YOUNGEST STAR HITS TEEN YEARS {page 12}

ARM CANDY?
CAMERON, A-ROD MAY NOT BE LONG-HAUL MATERIAL DISH {page 16}

VANCOUVER metro®
Wednesday, December 1, 2010
www.metronews.ca
News worth sharing.

World AIDS Day. Firsthand account

▶ Anthony Amodeo, who is HIV positive, sits in the music therapy room of the Dr. Peter Centre in Vancouver's West End.

JENNIFER GAUTHIER/FOR METRO

Local story, worldwide epidemic

Anthony Amodeo is one of more than 1,000 British Columbians living with HIV-AIDS. He spoke with Metro about his experience for World AIDS Day, which is today. Story page 6.

lead HIV fight

Looking back on more than 20 years of breakthroughs {page 6}

Ex-CSIS chief slammed

Opposition calls leaked remarks offensive {page 8}

House fire in Surrey claims 2 children

- Fire at 125th Street and 94th Avenue in Surrey
- One firefighter sustained serious burns in attempting to rescue family and was taken to hospital

STEPHANIE ORFORD
VANCOUVER@METRONEWS.CA

Tony Johal jumped out of the shower at 6:30 a.m. to screams for help. He heard a window smash and went outside of his Surrey home to see two of his neighbours sitting on their roof with smoke billowing from their upstairs windows.

The couple had broken their window to escape the fire, said Hermaal Uppal, another neighbour who witnessed the incident.

Neighbours equipped with flashlights and a ladder managed to rescue seven people from the home before firefighters arrived on the scene.

But two little girls, believed to be under the age of five, remained trapped in the house, and died in the fire.

Johal described the team of neighbours climbing a ladder to reach the girls' window, at the urging of the parents, who had escaped the blaze.

"We tried to break the window, but it was too late," he said.

Five of the rescued individuals suffered undisclosed injuries. One firefighter who entered the house was taken to hospital with burns.

RCMP said the cause of the fire has not been determined.

Surrey Mayor Dianne Watts and fire chief Len Garis offered condolences to the family, and thanked the firefighters and neighbours for their rescue efforts.

STEPHANIE ORFORD/FOR METRO

▶ Surrey firefighters and police officers inspect a house where a fire killed two young girls yesterday.

"I've never seen that much smoke."
HERMAAL UPPAL, NEIGHBOUR

THE GIFT THEY CAN UNWRAP WITH A COIN.

Scratch & WiN

bclc

Know your limit, play within it.

19+ YEARS

STEPHANIE ORFORD/FOR METRO

▶ Kevin Falcon announces his official candidacy for the B.C. Liberal Party leadership yesterday.

Falcon's campaign taking flight

Kevin Falcon tendered his resignation as health minister to pursue leadership of the B.C. Liberal Party ◐ At least 10 other MLAs standing behind his bid

STEPHANIE ORFORD
VANCOUVER@METRONEWS.CA

The Black Eyed Peas' I Gotta Feeling blasted over the Surrey Museum's sound system yesterday as Kevin Falcon made his way through a crowd of excited supporters, taking the stage to announce his bid for the leadership of the B.C. Liberal Party.

With his wife, Jessica, and 10-month-old daughter Josephine in the front row, Falcon called on the other leadership candidates to join him in asking the premier to move the HST referendum date from September to June of 2011.

He also pledged to reduce the unpopular tax by one per cent in 2011.

The Surrey-Cloverdale MLA's campaign slogans: Listen, Learn, Lead are words Falcon said are leadership keystones.

"You gotta do your homework, you gotta listen to what people say," Falcon said.

"We have to make sure our coalition is open to everybody that believes in a private sector economy, that believes in growing jobs, that believes in creating wealth for the benefit of supporting our social programs like health care and education."
KEVIN FALCON

Falcon discussed the importance of improving health care, increasing the minimum wage, and strengthening the economy. "The greatest strength of our province is its ethnic diversity. It is a cultural bridge that we have built to Asia that no other province enjoys to the same extent," Falcon said.

"What we have to do is make sure we leverage that huge asset ... and turn that into economic opportunity."

Falcon emphasized his support for residents outside of the Lower Mainland and travelled to a second rally in Prince George yesterday evening.

Serial killer Olson denied parole for the third time

Serial killer Clifford Olson was once again denied parole yesterday, in what he promised would be his "last" attempt to gain freedom through Canada's so-called "faint-hope clause."

Convicted of killing 11 Lower Mainland children in 1982, Olson is presently serving a life sentence in a Quebec maximum-security prison, though he became eligible to make parole appeals in 1997 after having served the Criminal Code's requisite 15 years.

Since then, he has made two unsuccessful bids for early release before federal parole boards, during which he displayed erratic behaviour but offered no indication of remorse.

People Olson hurt aren't inclined to believe him when he says he'll disappear.

"I seriously doubt it," said Raymond King, whose son, Ray Jr., was murdered. "I would hope this would be his last one. This would be just fine with me."

J.J. MCCULLOUGH/WITH FILES FROM THE CANADIAN PRESS

Public hearing to be held into alleged police brutality

B.C.'s Police Complaint Commissioner announced yesterday that a public hearing will be held into allegations of abuse of authority by two Vancouver police officers.

The officers allegedly roughed up a Vancouver man, Yao Wei Wu — who speaks little English — after responding to a domestic assault call at the wrong address.

Police apologized for the incident and said the officers believed they were dealing with a violent suspect.

A date for the hearing has not been set.

KRISTEN THOMPSON

1 news

News on the move

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at **m.metronews.ca**

On the web at metronews.ca

Federal MPs have some harsh words for their colleagues' Movember moustaches. See video at metronews.ca

Follow us on Twitter @vancouvermetro

Toms Shoes, which fostered fashion charity trend, donates one millionth pair of shoes. Scan this code for the story.

Movember. Till next year

▶ Canucks centre Ryan Kesler gets his Movember moustache shaved yesterday by barber Jesse Lockhart at Granville Island Brewing.

CONTRIBUTED

Kesler, mo' men raise $18 million

The month of Movember came to its hairy end yesterday. More than 110,000 Canadian men took part in the month-long fundraiser, which encouraged men to grow mustaches, raising more than $18 million for prostate cancer research. Granville Island Brewing raised $40,000 through sales of its Lions Winter Ale.

Second time's the charm for Chong recall

Fight HST gets green light for Ida Chong recall petition
Tax opponent group has 60 days to garner more than 15,000 signatures

KIMIYA SHOKOOHI
VANCOUVER@METRONEWS.CA

T's crossed, I's dotted, and acronyms spelled out — Elections B.C. approved yesterday the application to recall Oak Bay–Gordon Head MLA Ida Chong.

"That was a bit of a pain," said Chris Delaney, lead organizer of Fight HST. "We've lost a week already."

The approval comes five days after chief electoral officer Craig James denied the original application, saying that acronyms — like HST and MLA — must be spelled out in the 200-word document.

"It was totally inappropriate," said Delaney of the acronym policy change, which came after the application was filed.

Fight HST is now waiting on the approval of their 250 canvassers, which was also re-submitted.

Fight HST has 60 days to collect 15,368 valid signatures to successfully recall Chong for her support of the controversial Harmonized Sales Tax.

CONTRIBUTED

▶ Ida Chong

Delaney said their voters' list and polling stations will let the group know in the first three or four weeks whether or not they'll meet their goal. He hopes to receive the canvasser go-ahead before the end of the week so they can start collecting signatures.

"But because of the unusual response B.C. Elections gave us," he said. "You just never know what they're thinking."

City workers happy with jobs, less happy with brass

Vancouver's more than 9,500 municipal employees are generally satisfied with their jobs but have serious reservations about the city's upper management, a new survey finds.

Presented to city council yesterday, the 67-question poll — which is the first of its kind for Vancouver — revealed a 54 per cent rate of overall satisfaction among the librarians, firefighters, park rangers, office workers and others who make their living as municipal employees, yet only a 27 per cent rate of confidence in city leadership.

The survey had a response rate of 52 per cent and represents part of the city's ongoing efforts to improve its historically prickly relationship with staff. ● J.J. MCCULLOUGH

News in pictures

PHOTOS
1. ABBOTSFORD POLICE HANDOUT
2. VANCOUVER POLICE HANDOUT
3.METRO FILE
4. RCMP HANDOUT
5. FLICKR: PHAULT

1 Police are asking for help finding a purse-snatcher who robbed a woman as she slept in a hallway bed at Abbotsford Regional Hospital. Authorities haven't been able to identify the suspect despite his having been caught on video. ● KRISTEN THOMPSON

2 Vancouver police are asking for public help to find a man wanted on a Canada-wide warrant in connection with the violent robbery of a 94-year-old woman on Prior Street. Sean Anthony Cole, 45, has a criminal record dating back to the early 1980s. ● KRISTEN THOMPSON

3 Former Vancouver police officer Peter Hodson pleaded guilty in court yesterday to trafficking drugs on the job. Hodson, 31, was arrested and fired form the department in April. ● KRISTEN THOMPSON

4 RCMP and Canadian border agents stopped the largest counterfeit cigarette shipment ever in the province of B.C. More than 10 million contraband cigarettes were seized Oct. 29 in a container shipped into B.C. ● METRO

5 A study by SFU researchers has found evidence that wind speeds may be declining in the Pacific Northwest. The resulting air stagnation could have implications for prospective wind farmers and could mean that atmospheric pollution takes longer to disperse. ● METRO

Achieving your investment goals doesn't have to be a full-time job.

By **Steve Geist**
President
CIBC Asset Management

Successful investing is easier than you might think. While the seemingly endless number of investment products can be overwhelming, with just a modest amount you can invest in a professionally managed portfolio tailored to your personal financial situation.

Individuals don't need to dedicate countless hours to researching and adjusting their own investment portfolios when professionally managed products can do the work for them.

Managed portfolios provide access to the expertise of portfolio managers

from around the world and ensure your investments are monitored and rebalanced according to your goals.

And while managed portfolios are a simple, all-in-one investment solution, they are not 'one size fits all.' Individual investment needs range from very conservative to very aggressive. Whether you're looking for growth or you're looking for income, there's a managed portfolio that matches your objectives as an investor.

A key benefit of managed portfolios is the focus on asset allocation, or the process of allocating your investment dollars among the various asset classes to help you diversify your investments and achieve your goals, whether it's the need for income or long-term portfolio growth or a balance of both. This diversification can be among bonds and stocks, and also in Canadian investments and investments from other parts of the world. Proper diversification tends to reduce the volatility – the ups and downs of investment returns in your total portfolio – yet still enables you to benefit from the gains of each asset class when they perform well.

Financial success comes from being diligent in setting aside money and investing that money well. One of the easiest ways to do so is to set up a regular investment plan rather than making one large annual lump sum investment. As contributions are often easier to make on an ongoing basis, a regular investment plan starts to work for you right away by moving you closer towards your goals with each contribution.

When setting up an investment plan and choosing the portfolio that best suits your financial needs, talk to an advisor to help decide upon what approach is best for you.

Most importantly, keep in mind that managed portfolios are effective, low-maintenance solutions that enable you to invest in future financial goals without missing out on the present. CIBC prides itself on being a leader in managed portfolios.

SWITCH and discover a SIMPLIFIED investment solution.

CIBC Managed Portfolios* provide you with an easier way to make the most of your investments and your time. A professional money manager will manage and monitor your chosen portfolio to ensure your money is working hard, and save you the time needed to manage, track and rebalance it yourself. There is a CIBC Managed Portfolio that's right for you.

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*CIBC Managed Portfolios include CIBC Personal Portfolio Services (PPS) and CIBC Managed Portfolio Services. PPS is a discretionary investment management service provided by CIBC Trust Corporation, a wholly-owned subsidiary of CIBC, to individuals with household investable assets greater than $100,000. CIBC Family of Managed Portfolios consists of CIBC Managed Portfolios and CIBC U.S. Dollar Managed Portfolios, which are mutual funds that primarily invest in other CIBC Mutual Funds. CIBC Managed Portfolio Services is a service that helps you select an appropriate, professionally built CIBC Managed Portfolio or CIBC U.S. Dollar Managed Portfolio. CIBC Mutual Funds and CIBC Family of Managed Portfolios are offered by CIBC Securities Inc., a wholly-owned subsidiary of CIBC. Commissions, trailing commissions, management fees and expenses all may be associated with mutual fund investments. Please read the prospectus before investing. Mutual Funds are not guaranteed; their values change frequently and past performance may not be repeated. "It's worth a talk." and "CIBC For what matters." are TMs of CIBC.

Vancouver researchers play lead role in HIV fight

Vancouver an ideal city to study AIDS because of high concentration of affected, researcher says In countries where patients have access to treatment, AIDS is now considered a chronic, manageable condition

KRISTEN THOMPSON
@METRONEWS.CA

JENNIFER GAUTHIER/FOR METRO

▶ Dr. Julio Montaner, clinical director of the B.C. Centre for Excellence in HIV-AIDS, at St. Paul's Hospital.

More than two decades ago when Dr. Julio Montaner began research on HIV-AIDS, little was known about an epidemic that was believed to be a death sentence.

Today, people with the illness and access to treatment are living into old age, thanks in no small measure to breakthroughs — medical and social — that have come out of Vancouver's research community.

"We're pretty proud of the accomplishments we have achieved over the last three decades," said Montaner, a researcher with the B.C. Centre for Excellence in HIV/AIDS.

"A lot of that has to do with being at the right place and the right time."

In the 1980s, which Montaner refers to as the "dark era," the life expectancy of someone with AIDS was little more than 10 years.

By 1994, Vancouver researchers had begun work that would lead to the implementation of HAART, the cocktail of drugs widely accepted as the most effective treatment to manage and reduce the spread of the disease.

This breakthrough was unveiled at the International Conference on AIDS in 1996, which was held in Vancouver.

"The world today refers to the Vancouver conference as a pivotal moment," Montaner said.

But finding an effective drug treatment was only half the battle, he said, adding the issue now — in Canada, at least — is harm reduction in high-risk groups like drug users.

Montaner said treatment and prevention need to be seen as two sides of the same coin, adding that clean needle exchanges and supervised injection sites have helped reduce new infections by 60 per cent.

This harm-reduction approach is the principle behind the Vienna Declaration, a strategy spearheaded in part by Vancouver AIDS researcher Dr. Evan Wood.

Montaner said that Michel Sidibé, who leads the UNAIDS program, has shaped his program around evidence developed in Vancouver.

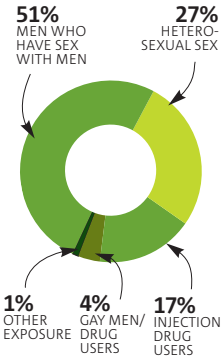
"(Sidibé) has repeatedly and formally underscored the contribution that our programs have made to shaping the global fight against HIV and AIDS," Montaner said.

He added the real stumbling block in Canada is the federal government, which doesn't support programs like Insite. "This is not just about prescribing drugs," said Montaner.

"(Canada's) medical system allows us to provide optimal care to all those infected and at risk ... and we (have the opportunity) to tell the rest of the world (how) to enhance the outcomes of those infected with HIV-AIDS."

2005 demographics

From the Public Health Agency of Canada:



Stigma a barrier to treatment, says doctor

Anthony Amodeo is HIV positive. He contracted through intravenous drug use, lives on disability in downtown Vancouver and has to abide by a strict lifestyle to stay healthy.

He considers himself lucky.

Amodeo, 55, learned he was sick five years ago after checking into rehab for an addiction he said helped numb the pain of childhood sexual abuse.

"I am one of the more fortunate ones," he said. "I've reconnected with my family."

"There are so many people (with HIV) whose relatives don't want anything to do with them. It's harder to stay on track with your health when you don't have that support."

Amodeo said it's frustrating that people with cancer can count on a support network while those with HIV are often ostracized because of the assumption that they brought the disease on themselves.

Maxine Davis, executive director of the Dr. Peter AIDS Foundation, said it's just this stigma that's keeping high-risk populations from being engaged into treatment.

This demographic of people have trouble managing their own HIV care because of a lack of support, and because they may be struggling with homelessness, mental health issues and addiction, she said.

That's what the Dr. Peter Centre aims to offer by way of meals, access to health care, and compassionate, supportive staff.

JENNIFER GAUTHIER/FOR METRO

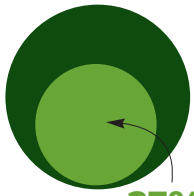
▶ Anthony Amodeo in the music therapy room at the Dr. Peter AIDS Centre in Vancouver.

"It doesn't matter to me ... what disease (you have) or if you've contracted it through your lifestyle or by mistake, the fact of the matter is you should have support."

ANTHONY AMODEO, WHO IS HIV POSITIVE

Amodeo, who goes to the centre every day, said he'd "either be dead or a real mess" without it.

Unaware of HIV



27%

IN 2005, ABOUT 27 PER CENT OF PEOPLE WITH HIV WERE UNAWARE OF THEIR INFECTION, ACCORDING TO THE PUBLIC HEALTH AGENCY OF CANADA.

"When you're HIV-positive and you miss three days of eating and sleeping, it sets you back health-wise three weeks," he said.

According to Davis, around 17 per cent of the population in the Downtown Eastside is HIV positive, while new infection rates are less than one per cent. She said a huge part of that decline is due to Insite.

"In Vancouver there is a (growing) understanding of the degree to which one must go to engage (high-risk) individuals in health care," said Davis. "You can't just have a passive role."

She added that support from the federal government would make a huge difference.

"There's far more leadership needed on the part of the government to inspire people to be more compassionate and understanding," Davis said.

"If they did that we could be a very different country."

KRISTEN THOMPSON

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Ex-CSIS boss under fire from opposition MPs

- Comments by Jim Judd were revealed by WikiLeaks
- He should uphold law, say Liberals and NDP

WIKI LEAKS

Opposition MPs took a former spy chief to task yesterday for complaining that demands from the courts have hamstrung CSIS in a world where Canadians see security issues through rose-coloured glasses.

"It's inappropriate," said NDP public safety critic Don Davies, who called remarks by former Canadian Security Intelligence Service director Jim Judd demeaning and offensive.

Putting aside rights and freedoms in the name of fighting terrorism is dangerous, said Liberal public safety critic Mark Holland.

The MPs criticized July 2008 comments made by then-CSIS director Judd in a confidential Ottawa meeting with a senior U.S. official. He said judges had tied CSIS "in knots," making it ever more difficult to detect and prevent terror attacks in Canada and abroad.

The cable was obtained by whistleblower WikiLeaks and posted online Monday by the New York Times. WikiLeaks says there will be as many as 2,648 documents mentioning Canada.

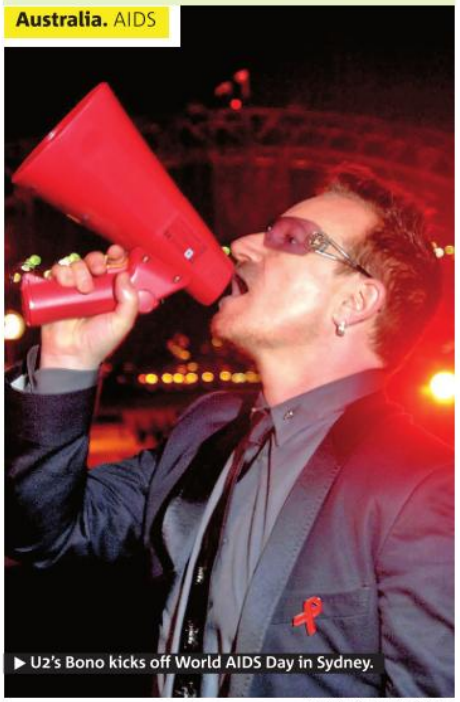
THE CANADIAN PRESS

The latest

The State Department has disconnected access to its files from the U.S. government's classified computer network.

- **Julian Assange** Interpol has placed the WikiLeaks founder on its most-wanted list after Sweden issued an arrest warrant over a drawn-out rape investigation.
- **Benjamin Netanyahu** WikiLeaks says a 2009 memo shows the Israeli prime minister was willing to cede West Bank land and territory in Israel itself for peace with Palestine.

Australia. AIDS



▶ U2's Bono kicks off World AIDS Day in Sydney.

JEREMY PIPER/THE ASSOCIATED PRESS

Speaking up about AIDS

More than 80 iconic landmarks across 13 countries are turning red to help promote awareness of the fight against the AIDS epidemic on World AIDS Day.

Gunman dies after school standoff

A 15-year-old who held about two dozen students and a teacher hostage for several hours in a classroom at a Wisconsin high school died yesterday at a hospital from a self-inflicted gunshot wound, authorities said.

Sophomore Samuel Hengel shot himself after police stormed a classroom at Marinette High School on Monday night. Hengel had been holding most of the students and their social studies teacher hostage for several hours. No one else was wounded.

THE ASSOCIATED PRESS

3

Police said the suspect fired three shots immediately before they entered the room, but did not aim at any students.

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Photo courtesy of Johan Wiinte, Sweden. Metro Photo Challenge Local Finalist 2009.
metro PHOTO CHALLENGE

Can two Koreas meet?

AHN YOUNG-JOON/THE ASSOCIATED PRESS

▶ South Korean students learn how to use a gas mask.

A top South Korean official dismisses China's nuclear negotiator as "incompetent." A Chinese envoy mocks North Korea as a "spoiled child."

After a major escalation of sporadic skirmishes between the rival Koreas, an international effort is trying to rein in rising tensions. But U.S. diplomatic memos leaked this week call into question whether regional powers — most notably China — have any insight into or influence over enigmatic and defiant North Korea.

South Korea's military drill last week from an island along a disputed maritime border sparked a North Korean artillery attack that killed four South Koreans and wounded 18 others.

China is pressing for an emergency meeting in the coming days to discuss the attack and ways to defuse tensions, saying the session should be convened by the two Koreas, China, Russia, Japan and the U.S.

Consensus may be hard to reach, if secret U.S. diplomatic cables posted online by the website WikiLeaks are any indication.

THE ASSOCIATED PRESS

Grandma charged after toddler dies

A Virginia grandmother threw her two-year-old granddaughter several stories to her death from a walkway at a shopping mall, police alleged yesterday.

Carmela Dela Rosa, 50, of Fairfax was arrested and charged with murder.

The child, Angelyn Ogdoc, died in a hospital after plunging to the pavement Monday night.

She fell from a walkway linking the mall's third floor to the parking garage's sixth floor.

The toddler and Dela Rosa were leaving the mall with family.

THE ASSOCIATED PRESS

James to make bid for bail

Disgraced former junior hockey coach Graham James is expected to ask to be released from custody today. The Crown will oppose his bid.

James is facing nine sex-related charges involving three boys.

THE CANADIAN PRESS

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+ taxes & fees $270

Huatulco	from $155 + taxes & fees $290
Mazatlán	from $165 + taxes & fees $290
Manzanillo	from $299 + taxes & fees $274
Punta Cana	from $299 + taxes & fees $322
Honolulu	from $378 + taxes & fees $110
Panama	from $489 + taxes & fees $236
Costa Rica	from $599 + taxes & fees $240

Airfares

Toronto
one-way from **$185**
+ taxes & fees $73

Las Vegas	from $198 + taxes & fees $107
Los Angeles	from $198 + taxes & fees $108
London	from $199 + taxes & fees $506
Orlando	from $349 + taxes & fees $119
New York	from $439 + taxes & fees $133
Hong Kong	from $669 + taxes & fees $165
Lima	from $739 + taxes & fees $282
Bangkok	from $759 + taxes & fees $317
Sydney	from $849 + taxes & fees $436

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Mazatlán
7 Nights 5-Star
from **$485**
+ taxes & fees $290

Los Cabos 7 Nights 5-Star	from $505 + taxes & fees $290
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Mayan Riviera 7 Nights 4-Star	from $625 + taxes & fees $290

UPGRADE to 5-star accom from $15 per night.

Punta Cana 7 Nights 4-Star	from $677 + taxes & fees $322
Huatulco 7 Nights 4.5-Star	from $685 + taxes & fees $290

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Air + 3 Nights + 3-Night Cruise
from **$699**
+ taxes & fees $91

INCLUDES air L.A., 3 nights Anaheim accom close to theme parks and 3-night cruise from L.A. to Vancouver.

Las Vegas
Air + 3 Nights + 3-Night Cruise from $649 + taxes & fees $102

INCLUDES air to Las Vegas with 3 nights accom on The Strip, air to L.A. and 3-night cruise from L.A. to Vancouver.

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from **$1028**
+ taxes & fees $274

Los Cabos 7 Nights 4.5-Star	from $1155 + taxes & fees $290
Jamaica 7 Nights 4-Star	from $1297 + taxes & fees $270
Mayan Riviera 7 Nights 5-Star	from $1399 + taxes & fees $290

INCLUDES accom over Christmas & New Year's Eve.

Family Vacations

Orlando Family Special
Air + 7 Nights
from **$399**◊
+ taxes & fees $119

INCLUDES accom close to theme parks. Price per person based on family of 4.

Victoria Christmas Family Special
3 Nights from $119◊ taxes & fees included

INCLUDES 4-star accom close to Victoria's Inner Harbour over the Christmas holiday weekend. Price per person based on family of 4.

Honolulu March Break Family Special
Air + 7 Nights from $999◊ + taxes & fees $101

INCLUDES accom in Waikiki beach area.
ADD Hoku Nai'a Snorkel and Dolphin watch from $118 adult / $76 child.

Vacations

Buenos Aires
Air + 7 Nights 4-Star from $1359 + taxes & fees $319

INCLUDES central accom close to Obelisk.

Vietnam Air + 13 Nights 3-Star from $1459 + taxes & fees $375

INCLUDES air, 11 nights resort accom in Nha Trang and 2 night in Ho Chi Minh City.

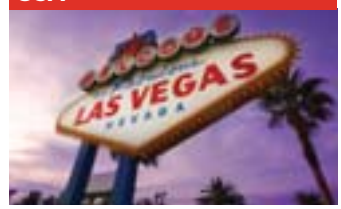
Limassol, Cyprus
Air + 7 Nights 5-Star from $1469 + taxes & fees $409

INCLUDES resort accom in Limassol.

Australia
Air + 14 Nights 4-Star from $1879 + taxes & fees $454

INCLUDES return transfers from Brisbane to Gold Coast hotel, 12 nights Surfers Paradise beach accom and 2 nights Sydney accom.

USA



Las Vegas
Air from Bellingham + 3 Nights
from **$159**
+ taxes & fees $37

INCLUDES accom on the Strip.
UPGRADE to 4.5-star accom from $19 per night.

Phoenix Air + 3 Nights from $619 + taxes & fees $102

INCLUDES 4-star accom with access to Lookout Mountain Golf Club. **ADD** Phoenix Valley area tour from $64.

Miami Air + 4 Nights from $699 + taxes & fees $107

INCLUDES accom in the heart of South Beach.
ADD 1-day Miami Sightseeing Hop On, Hop Off pass from $54.

New York Air + 3 Nights from $749 + taxes & fees $132

INCLUDES midtown Manhattan accom.
ADD all loops double decker tour from $59.

Event Vacations

San Francisco
Valentine's Weekend
Air + 3 Nights
from **$359**
+ taxes & fees $96

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LEAKS ONLY A LITTLE DRIP OF NEW NEWS

Just sayin'

PAUL SULLIVAN

Monday was supposed to be a day of Earth-shattering revelations after WikiLeaks released 250,000 diplomatic cables, most of them not-so-diplomatic observations of U.S. diplomats around the world.

I'm not sure what I was waiting for, but so far, in the immortal words of Yogi Berra, it's déjà vu all over again.

Russian Prime Minister Vladimir Putin is an "alpha dog" and his hand-picked President Dimitri Medvedev "plays Robin to Putin's Batman." As if we didn't know who was really in charge all along, and as if Putin really cares who knows.

There's Robert Mugabe, the nasty old president of Zimbabwe. Turns out he thinks his 18 doctorates give him licence to suspend the laws of economics, in particular supply and demand. We've been watching Zimbabwe unravel for years under Mugabe's diktats. What I really want to know is how many of his doctorates came off the back of a book of matches.

"If you're looking for exciting, you have to go to Italian Prime Minister Silvio Berlusconi ..."

Then there's German Chancellor Angela Merkel, who is "risk-averse and rarely creative," which is diplomatic language for "boring." Oh, really? Old news.

If you're looking for exciting, you have to go to Italian Prime Minister Silvio Berlusconi, a renowned scalliwag. Diplomats report that he likes to host "bunga bunga" parties, whatever they are. Anything called "bunga bunga" is not boring. But we already know Berlusconi is anything but boring. Corrupt and creepy maybe, but never boring.

Speaking of corrupt and creepy, we have Ahmed Wali Karzai, brother of Afghan President Hamid Karzai, and Libya's Moammar Gadhafi, in that order. Karzai, Afghanistan's foremost fixer, is painted as "widely understood to be corrupt and a narcotics trafficker," but the go-to guy when you want to get something done in Absurdistan. As for Gadhafi, he never goes anywhere without his "voluptuous" Ukrainian nurse. Any of this surprise you yet?

My favourite? French President Nicolas Sarkozy is "an emperor with no clothes." Aren't they all?

In leak after leak, suspicions are confirmed, worst fears realized, faith in human nature disappointed. But what's missing, with one notable exception, is any reason for optimism. That one exception? China has come to realize that its long-term ally, Kim Jong Il of North Korea, acts like a spoiled child. We already knew that anyone who spends more than half a million bucks a year on cognac while the average North Korean makes $1,000 a year is spoiled, to say the least. Now China finally gets it.

Hey, you take what you can get.

Read more of Paul Sullivan's columns at metronews.ca/justsaying

Cartoon

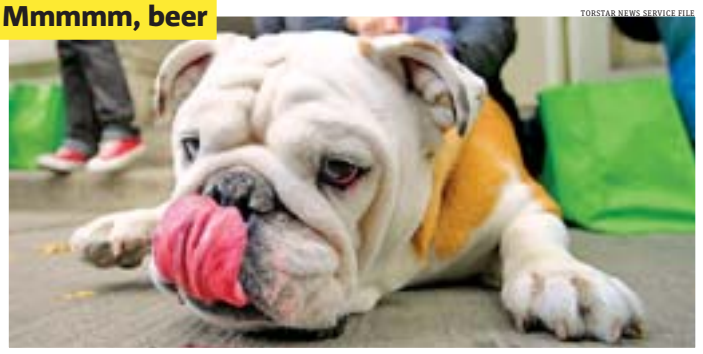
MICHAEL DE ADDER

Pour your pooch a pint

Worth mentioning

Mmmmm, beer

TORSTAR NEWS SERVICE FILE



They say dogs are man's best friend. Now that friend can share a cold one with you. At least four companies worldwide sell specially designed non-alcoholic, beef-flavoured and non-carbonated beer for your canine companion.

Kwispelbier is a beer for dogs created by Arjan Berendsen, a pet shop owner in the Dutch town of Zelhem. The company even sells matching beer glasses, allowing dogs to drink their brew in style. The beer is sold in Belgium, Norway, England and Germany.

Down Under, Australian pet boutique Paws Point even created a cheeky YouTube video advertising its Dog Beer.

"Dogs love human beer but it is really unhealthy for them so after a lot of research we developed (Dog Beer), which is safe for them to drink," it says on its website.

Stateside, Napa Valley-based Dog Star Brewing Company sells Happy Tail Ale brewed in copper kettles and made with malted barley and beef drippings. Its beer is fortified with glucosamine and vitamin E to promote healthy joints and a shiny coat. The company no longer brews the beer, leaving WeFulfillIt.com, an online distribution company, to sell Dog Star's remaining inventory.

TORSTAR NEWS SERVICE

What's your favourite Christmas tradition?

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Metro Minute with Groundswell

A local AIDS support group is voicing its concern through theatre — and pulling Vancouverites on stage to help the cause.

The Youth Community Outreach AIDS Society is hosting Groundswell, an evening of audience interactive performances today in honour of World AIDS Day.

YouthCO's forum theatre troupe is set to act out a series of plays that engage audience participation once the story reaches the point of conflict. The evening will also showcase local youth-made art.

The event starts at 7 p.m. at W2 Storyeum on 151 West Cordova St. Doors open at 6:30 p.m. and admission is by donation. KIMIYA SHOKOOHI

CONTRIBUTED

▶ Members of YouthCO's theatre troupe.

Debt-to-income ratio up, but defaults down

- Bad news: Overall borrowing continues to grow
- Good news: Fewer payments are being missed

Canadians continue to rack up more debt but the speed at which they are piling it on is beginning to slow, the TransUnion credit agency reported yesterday.

The average debt for about 24.8 million Canadians tracked by the report, which excludes mortgages, rose to $25,163 — up 4.3 per cent in the third quarter compared with a year ago.

The main source of non-mortgage debt for Canadians was vehicles, with credit card purchases a distant second.

However, despite the increase in the amount of debt, TransUnion said Canadians seem to be managing their debts better than they were, with delinquency rates and past-due balances dropping across the country.

The national credit card delinquency rate was down nearly 10 per cent in the third quarter of this year compared with a year ago when the Canadian economy was just beginning to recover from a major recession.

Debt on the rise

- Canadian average credit card debt increased to $3,709 from the previous quarter's $3,614, but fell 1.7 per cent compared with a year ago.
- Average auto loan debt increased to $16,183 from the previous quarter's $15,135, and up 9.8 per cent from a year ago.
- Quebec posted the largest increase in debt at 6.6 per cent, while Manitoba had the lowest increase at 2.6 per cent compared with the national average of 4.3 per cent.

"There continues to be positive signs in the credit market as Canadians slowly manage out of the recession," said Thomas Higgins, TransUnion's vice-president of analytics.

"The most positive sign has been the significant decrease in past due balances (outstanding debt that is at least 30 days past due), which has dropped 15 per cent since last year after three years of increases."

Jeffrey Schwartz, executive director of Consolidated Credit Counselling Services of Canada, said the report was good news in that fewer Canadians have been missing payments, but bad news because overall borrowing continues to grow.

"We are still at extremely high levels on a debt-to-income ratio and that's a little scary and that's still going up, so that is a concern." THE CANADIAN PRESS

Debt. Prepaid

▶ Kim Kardashian, left, Kourtney Kardashian and Khloe Kardashian arrive at the Teen Choice Awards earlier this year in Universal City, Calif.

WIRE

Sisters aim to split with Kardashian Kard

The Kardashian sisters are seeking to cut ties with a venture that sold prepaid debit cards under their name after coming under attack for the card's high fees. The card promoted by the socialite sisters was taken off the market yesterday.

Google probed

The European Union's competition watchdog will investigate Google for antitrust practices — the first major probe into the online giant's business practices. THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

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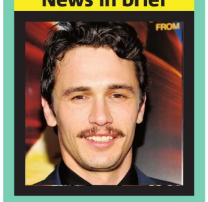
News in brief



James Franco's survival story 127 Hours, Natalie Portman's ballet drama Black Swan and Ben Stiller's dark romance Greenberg are among best-picture nominees for the Spirit Awards honouring independent film. Also competing for the top honour at the Spirit Awards are Annette Bening's lesbian family drama The Kids Are All Right and the rural crime thriller Winter's Bone.

THE ASSOCIATED PRESS

Kid Rock bashes ticket brokers who buy low, sell high; says scalpers are driving up prices

The youngest of the Pevensie clan enters her teen years in the third installment in The Chronicles of Narnia franchise Actress Georgie Henley relished the challenge to show different sides to Lucy, a role the 15-year-old has been playing since she was seven

GARETH CATTERMOLE/GETTY IMAGES

▶ Georgie Henley, left, and Ben Barnes star in The Chronicles of Narnia: Voyage of the Dawn Treader.

Growing up in Lewis' Narnia

STEVE GOW
SCENE@METRONEWS.CA

The third big-screen adaptation of C.S. Lewis' classic The Chronicles of Narnia will hit theatres soon and no one could be more excited than the franchise's star, Georgie Henley.

"I love the Voyage of the Dawn Treader," said the 15-year-old actress (who plays Lucy Pevensie) of her favourite book in the Narnia series. "I love the idea of hopping from one island to another and kind of experiencing new things. I think it's exciting, very dynamic — it makes a really good film."

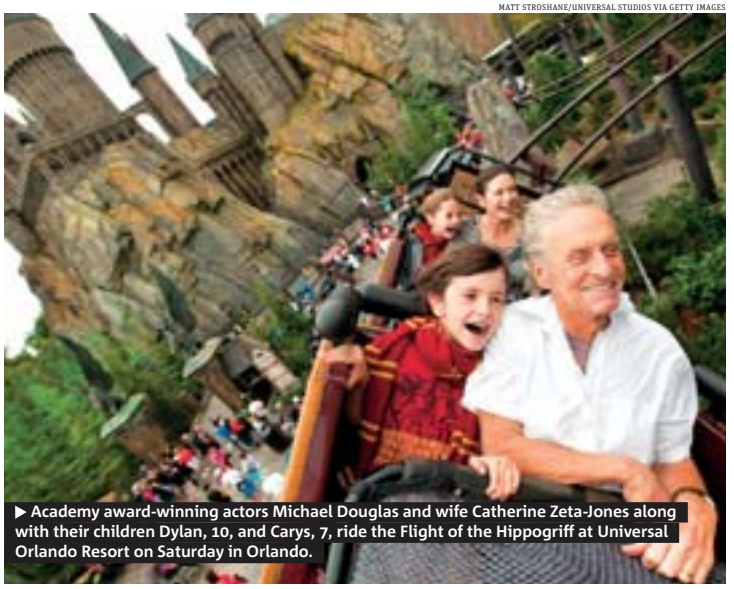
Lucy Pevensie has come a long way since she discovered the fantastical world of Narnia in 2005's The Lion, the Witch and the Wardrobe. Cast at age seven, Henley now plays a more complex teenager that returns to Narnia on a desperate mission aboard King Caspian's regal schooner, the Dawn Treader.

"(Voyage) shows that Lucy is absolutely human, which is probably good," said Henley. "When you become a teenager, people see a different side to your nature and see maybe a slightly darker side to you, a side you don't want people looking at — I think we see that in Lucy slightly. It was my job to make sure plenty of teenaged girls could relate to the issues that she's going through."

Admittedly nervous about returning to the world of Narnia for a third time, Henley was soon relieved and comforted to be around the familiarity of the cast and crew — not to mention the incredibly imaginative creatures that make up C.S. Lewis' masterwork.

"The animation on Reepicheep (a swashbuckling mouse voiced by Simon Pegg) in this film is just terrific," said Henley when asked of her favourite character. "He's so cute and funny but still got that bravery kind of element about him — people have got a lot to look forward to."

MATT STROSHANE/UNIVERSAL STUDIOS VIA GETTY IMAGES



▶ Academy award-winning actors Michael Douglas and wife Catherine Zeta-Jones along with their children Dylan, 10, and Carys, 7, ride the Flight of the Hippogriff at Universal Orlando Resort on Saturday in Orlando.

Douglas eager to get back to work after cancer battle

Actor will find out in January if cancer has been eliminated Set to take on the role of Liberace

Michael Douglas is already looking forward to his next film role.

The 66-year-old actor, who has been battling throat cancer since August, tells the weekly Hollywood Reporter that he'll play the title part in Steven Soderbergh's Liberace, which is set to begin shooting in May or June.

Douglas says he will learn in January if his cancer has been eliminated. Doctors have told him there is an 80 per cent cure rate.

He says his cancer diagnosis has brought him closer to his 93-year-old father, Kirk Douglas. The two had a strained relationship for many years, but "he really made an effort" after the diagnosis, Douglas says. "He was back here almost 10 days. He came over everyday. He was great."

Douglas says that when he was growing up, his father was angry and often absent.

"In those key years, when Kirk was doing five movies a year, if we saw him it was only out of his guilt," Douglas says.

He also acknowledges that he may have repeated that pattern with his own son, Cameron Douglas, 31, who was recently jailed on drug-related charges.

"I'm sure it's not easy, either, being a third generation," Douglas says. "Kirk was all-consumed, was overworked. Probably like myself at a certain time in my life."

Douglas also reflects on his recent difficulties with ex-wife Diandra Douglas, whose bid to claim half of his earnings from Wall Street 2: Money Never Sleeps was dismissed in a New York court earlier this month.

He is optimistic about his recovery, and while the disease "certainly has put a little perspective on mortality," it has also "shown me what family is," Douglas says. "It showed me a love that I never knew really existed."

THE ASSOCIATED PRESS

PIRATES' PORTRAYAL

Disney not a fan of Sparrow

Johnny Depp's flamboyant portrayal of Jack Sparrow in Pirates of the Caribbean was good enough for an Oscar nomination, but the actor says Disney was less than thrilled.

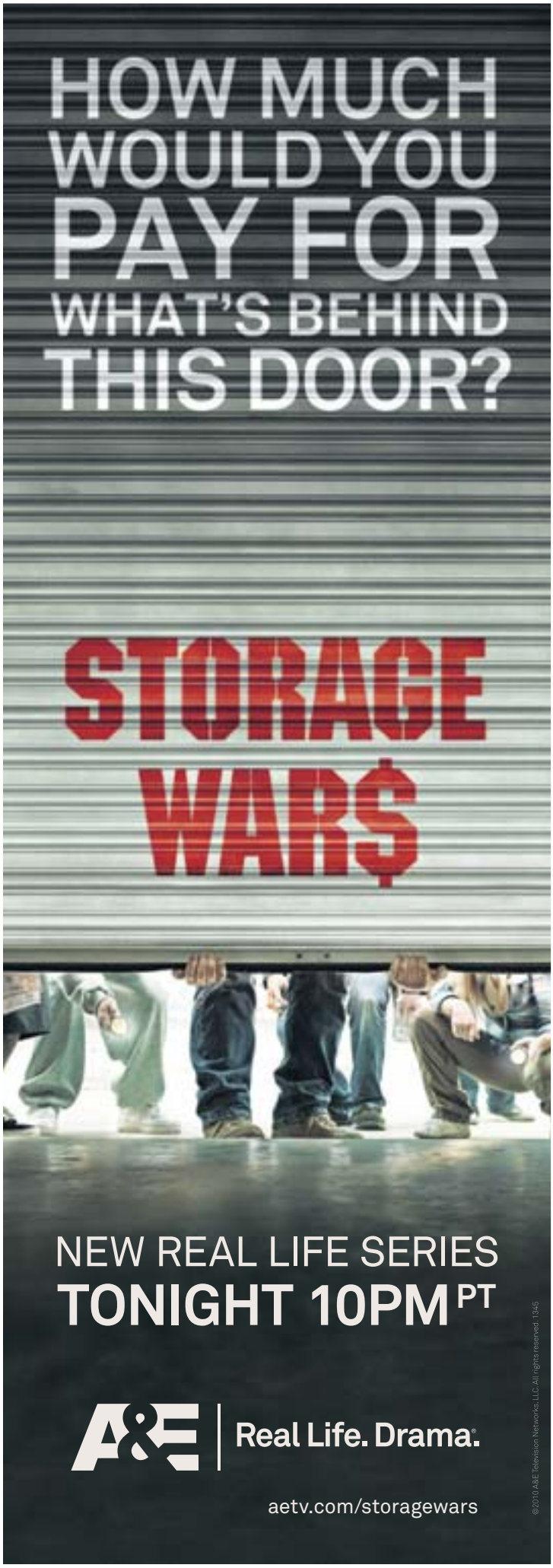
Depp talked about it in an interview with rocker

Patti Smith for the January edition of Vanity Fair magazine. Depp said Disney "couldn't stand" his Sparrow and one person there even asked if Sparrow was gay. Depp told the Disney executive, "all my characters are gay," and he said that "really made her nervous."

Depp's next role is in the movie The Tourist with Angelina Jolie. It opens Dec. 10.

Depp said he felt sorry for the way the paparazzi hunted Jolie, and had to be careful that photographers didn't catch them too close together so rumours wouldn't start.

THE ASSOCIATED PRESS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Grammy glory for Canucks?

Drake, Arcade Fire, Michael Bublé and Justin Bieber could be in line for Grammy nominations

GETTY IMAGES

Drake

Grammy Award nominations are set to be announced this evening during a splashy one-hour telecast on CBS, and plenty of Canadian artists could find themselves on the list.

Canadian Press music writer Nick Patch offers his thoughts on which Canucks might be in the running for Grammy glory this year.

Piece of cake for Drake?

Last year, Drake nabbed two Grammy nominations and stormed the stage for a rousing performance of Forever alongside Eminem and Lil Wayne. And that was before he even issued his debut album, Thank Me Later, which opened at No. 1 in the U.S. and Canada en route to platinum sales in both countries.

INTO THE FIRE

Both of the Arcade Fire's first two LPs were nominated for best alternative music album at the Grammys. No longer the plucky underdog, Arcade Fire still seems a safe bet to land a nomination in the alternative music category.

DO YOU BELIEB?

Justin Bieber had an amazing year by any standard, but he might have a trickier task winning over the greying Grammy voters — after all, his teen-pop peers the Jonas Brothers had recorded three studio albums before they received their first Grammy nod. On the other hand, the Grammys have consistently grappled with trying to snare a younger audience, and there's perhaps no more bankable attraction for tweens than the Stratford, Ont., native.

CRAZY LOVE FOR CRAZY LOVE?

Given that Michael Bublé, the 35-year-old Burnaby, B.C., native, has been nominated for five Grammys in the past, it would seem downright crazy to bet against him earning another nomination this time around.

THE CANADIAN PRESS

Billy Joe gets bitten by the Broadway bug

RICHARD DREW/THE ASSOCIATED PRESS

Billy Joe Armstrong

Billie Joe Armstrong apparently liked his Broadway debut in American Idiot — he's signed on to return for 50 performances.

Producers said yesterday the Green Day frontman will reprise the role of St. Jimmy in the punk rock musical that his songs inspired beginning Jan. 1 and ending Feb. 27 at the St. James Theatre.

Armstrong will appear in the show in three large chunks — Jan. 1 to 9, Jan. 18 to 30 and Feb. 10 to 27. Original Broadway cast member Tony Vincent will end his run as St. Jimmy on Dec. 30.

Having the musical's composer and co-author aboard has already proved a big draw. When Armstrong made his Broadway debut in September for a week, the box-office take was more than $1 million. Last week, the show grossed $600,000.

The show is based on Green Day's Grammy Award-winning American Idiot concept album. It features every track from the album, plus several tunes from Green Day's CD 21st Century Breakdown.

The musical — directed by Michael Mayer and with Tom Kitt's musical arrangement — was nominated for three Tony Awards, including best musical, and won for best sets and lighting.

The high-octane show follows the story of three working-class characters from the suburbs to the city to the Middle East, as they seek redemption in a world filled with frustration.

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Cameron Diaz

Diaz should drop A-Rod, expert says

While Cameron Diaz and Alex Rodriguez have reportedly rekindled their romance, sources claim the relationship can't last, given the Yankee slugger's history.

"A-Rod is just like Tiger (Woods), Tony Parker and all those athletes who have women in abundance and they can't resist sampling all the goods," relationship expert Cooper Lawrence tells Us Weekly. "When you date A-Rod, you have to know what you are getting into or else you're an idiot. He isn't long-term material, he is arm candy for holiday parties."

Rodriguez was married from 2002 to 2008 but his wife filed for divorce after media reports of his infidelity surfaced.

METRO

Aguilera spends holiday with Rutler

- Despite 'not dating,' singer visits with his family over Thanksgiving
- Pair met while filming Burlesque and are 'getting to know each other'

GETTY IMAGES

Christina Aguilera

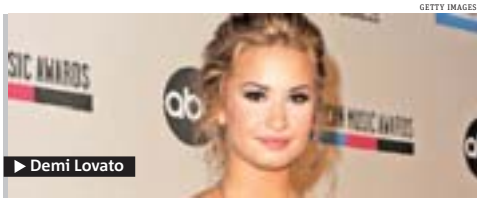
Though Christina Aguilera's people insist she's not with Matt Rutler, the singer did see Rutler's family in Rhode Island over the Thanksgiving holiday, according to People magazine.

"This is the first Thanksgiving she was without Max," a source says of Aguilera's 2-year-old son, who was back in L.A. with her soon-to-be ex-husband, Jordan Bratman. "It was really hard for her and she was feeling sad, so she decided to go to the East Coast with Matt and a group of friends. Since his family lives so close, they decided to drop in for a few hours."

METRO

Lovato speaks to her fans in video

GETTY IMAGES



Demi Lovato

After almost a month in a treatment facility to deal with unspecified psychological and emotional issues, Disney star Demi Lovato recently broke her silence with a video message to her fans for Thanksgiving.

"Just wanted to say Happy Thanksgiving. I'm very, very thankful for all of you and I appreciate all the support you guys give me," she says in the incredibly brief video, which was likely filmed at the rehab facility where she's currently undergoing treatment.

METRO

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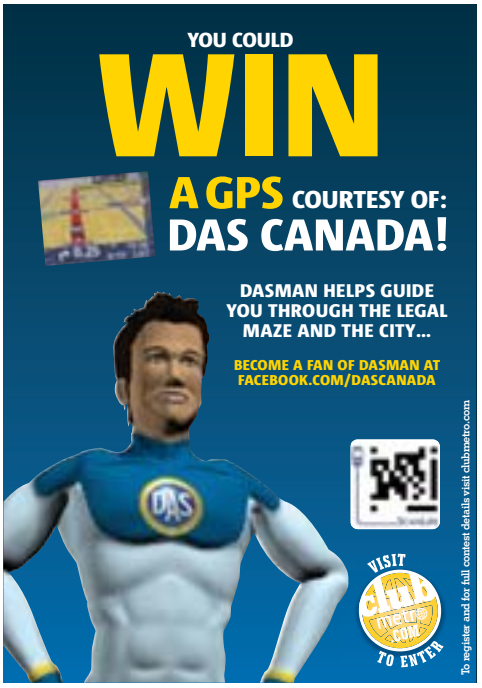

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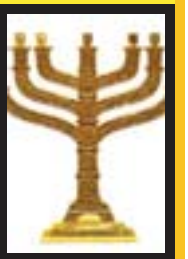
3 life

A bright idea



A Jewish outreach organization is hosting a variety of public menorah lightings for Hanukkah in more than 70 countries around the world, including Canada.

Events, including a balloon-menorah display in Maple, Ont., are being sponsored by the Chabad-Lubavitch organization.

For details on these and other events, visit chabad.org/HanukkahEvents.

THE ASSOCIATED PRESS

Giant grouse takes flight at Scottish roundabout as symbol of Perthshire

It won't be cheap to attend the royal wedding — airfares for the period are already rising — but those who plan to go say it will be a once-in-a lifetime event

THE ASSOCIATED PRESS FILE

▶ In 1973, Princess Anne married Captain Mark Phillips in Westminster Abbey, where Prince William will marry Kate Middleton next April.

KIRSTY WIGGLESWORTH/ASSOCIATED PRESS FILE

▶ Kate Middleton and Prince William

Better make those royal wedding plans soon

Pack the top hat and tails, wedding bells are set to ring next spring for Prince William and Kate Middleton, and monarchists are hoping it won't cost a princely sum to get to the nuptials.

Daniel Whaley with the Monarchist League of Canada says he'd like to be in London for the wedding April 29.

"In '81, it was Charles and Diana and everyone can remember usually where they were when they watched that on TV. You kind of want to be a part of that," Whaley, 19, said in a phone interview from Winnipeg.

"I think it'd be a really special event that I'd probably remember for the rest of my life."

"I want to be there because this is sort of our generation's big royal wedding ... I just think it'd be a really fun time and it would just be a big party."
DANIEL WHALEY, THE MONARCHIST LEAGUE

Now that the date has been set, tour operators are trying to figure out ways to get people like Whaley and other Canadians to jump the pond to London.

Claude-Jean Harel, founder and manager of Great Excursions in Regina, said many Canadians have an affinity for the monarchy and want to celebrate that aspect of history. He's trying to put together a tour package just right for the occasion.

"We're just exploring to see if there's enough interest in people who live here to go to London and try to take part in ... some of the pomp, the ceremony, some of the opportunities and the flavour and the atmosphere that will be around London during that time on April 29," said Harel.

"Royal weddings are a rare occasion. They're something that people pay attention to so there will be an interest."

Access to Westminster Abbey — the wedding venue — will be restricted. But Harel says a tour could include visits to English churches that were "dear to the monarchy."

VisitBritain, the national tourism agency, has also put together a "romance trail" so visitors don't have to wait until April to follow in William and Kate's footsteps. The itinerary suggests visits to Scotland, where William and Kate met while studying at St. Andrews University in Fife, or to Anglesey, North Wales, where the couple will live after the wedding.

Whaley said he knows making the trip could be expensive for many Canadians. Air fares to London in the days leading up to the event have already jumped, he said.

"I'm going to keep my eye on the airfare and if the right price comes up, I more than likely will try to be there."

And if he does go, Whaley knows what he'll pack.

"I'd probably be wearing a Canadian T-shirt to represent Canada."

THE CANADIAN PRESS

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Disneyland
Resort in California

Newcomer properties set the standard for luxury in Park City Resort operators say Utah is being discovered by harried travelers who like that a major airport is only 70 km from nine of the Wasatch resorts

DAVE FIELDS/SNOWBIRD SKI RESORT/AP PHOTO

▶ Skiing powder snow under Snowbird's signature 50-passenger trams at the resort in Snowbird, Utah. Snowbird is seeking to extend skiing to nearly 11,500 feet in elevation with a tram from its summit to a higher peak.

ST. REGIS DEER VALLEY/AP PHOTO

▶ This computer-generated image shows a funicular railway at the St. Regis Deer Valley in Park City, Utah.

Hitting the slopes in Utah

When David Johndrow was looking to buy a hotel suite for use as a winter home in Park City, he had his pick of new luxury lodging: Montage Deer Valley, the St. Regis Deer Valley or the Waldorf Astoria Park City.

All three newcomer properties in the ski town were financed before the real-estate bust, as part of the development that followed the 2002 Salt Lake Olympics. All three were built during the Great Recession. And now, despite a still-soft national economy, they are setting a new standard of luxury in Utah to match anything in Colorado or British Columbia.

Johndrow, 42, a former technology executive, and his wife, Maryann, eventually chose the Montage, where residences run $2 million to $10 million, over the four-star St. Regis, which is served by a 70-metre-high funicular railway, or the nearby Waldorf, served by a private gondola at The Canyons Resort.

Johndrow, owner of the Napa Valley boutique winery Johndrow Vineyards, said the Montage has already earned a reputation for exceptional service with its resorts in Laguna Beach and Beverly Hills.

"They're going to deliver," Johndrow said. "They take care of you."

Utah also has a long-standing five-star hotel resort, the Stein Eriksen Lodge at Deer Valley, named for a Norwegian Olympic gold medallist.

Nathan Rafferty, president of the trade group Ski Utah, said the new hotel developments are a "huge deal" that show resort operators are "bullish on Utah," where skiing is a $1-billion-a-year industry. He added, "They have to know something."

"We were convinced Park City was going to be the next great skiing market," said Jeff Mongan, senior vice-president of The Athens Group, a Phoenix development group with an ownership stake in the nearly half-billion-dollar Montage.

Other Utah ski resorts are moving on major new developments, too.

Talisker Corp., owner of The Canyons at Park City, is spending millions of dollars to reconfigure the mountain and add North America's first heated chair lift with a bubble shield that swings over passengers like a pair of orange goggles. It is opening an eighth peak for skiing and adding or realigning other lifts while redesigning the village base.

On the other side of the Wasatch range, Snowbird is seeking to extend skiing to nearly 3,500 metres in elevation with a tram from its summit to a higher peak.

Resorts on both sides of the narrow Wasatch mountains are discussing a common ticketing system and additional lifts that could let skiers glide effortlessly from one resort to the other, possibly within a few years.

Some of the seven Wasatch resorts that practically rub shoulders have opened their borders to a neighbour, but the plan is get all or most of the resorts to join together.

THE ASSOCIATED PRESS

If you go...

- **Park City Mountain Resort:** parkcitymountain.com or 800-222-7275
- **Deer Valley Resort:** deervalleyresort.com or 888-754-8477
- **Canyons Resort:** thecanyons.com or 435-649-5400
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- **Stein Eriksen Lodge:** steinlodge.com or 800-453-1360
- **Ski Utah:** skiutah.com

MARC ESTABROOK/MONTAGE DEER VALLEY/AP PHOTO

▶ Montage Deer Valley in Park City, Utah.

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Brain drain to bull's-eye

- We have all experienced moments where pitching an idea to a co-worker was like watching balloons pop
- Experts say it's not your proposal, but your method of delivery that will make the difference

ISTOCK

▶ Flicking on the lightbulb means not being rigid on one idea but coming to a brainstorming session with a couple of options.

DREW HINSHAW
WORK@METRONEWS.CA

Pitched poorly, even a bright idea can vanish into dull stares, like light gravitating into a black hole.

If you feel all of your suggestions plummet into silent oblivion like timber crashing in an empty forest, then career counselors recommend you ought to brush up on your storytelling.

Because, they say, the art to hustling a routine recommendation — to make your two cents ring like five — is to pack a plot into your propositions.

"It's like selling detergent," executive coach Jane Cranston says. "Don't tell them, 'oh, this will clean your laundry.'

You tell them it will make their old clothes shine brighter, feel softer, bring the colors out."

Pushing a proposal with the pizzazz of a wandering bard requires a gift of gab you may never learn in an MBA program, she says.

But it's a technique any rube can master.

Start by fathoming what motivates your audience.

Ask yourself, "What's in it for them?" Cranston offers.

"Present your ideas in a way that will either save the company money, make it money, buy it time, save it time, or earn it prestige," she advises.

"If it doesn't do any of those things, they're probably not going to listen."

Don't be shy to spread credit if it boosts your chances, suggests career coach Lynn Berger.

If your company prefers propositions that emanate from more highly-titled or highly-favored pundits than yourself, you can always hitch your idea to the chassis of another's.

"Try piggy-backing on someone else's idea," she says.

"When someone raises a point, say, 'ooh, that's interesting,' and work your idea into theirs."

Failing that, come into the brainstorm session with a bucket of good ideas.

"Rather than being rigid on one idea, bring up a couple of options," Berger recommends. "That way, you're not feeling like you have to have the perfect answer."

However you sell your suggestion, "start with the positive," Cranston stresses.

Qualifiers like "I'm not sure if you're going to like this, but" will never help you, she explains.

Keep Positive.

"The wrong way to present an idea is any form of aggression," Cranston warns.

If all your tips hit a cool reception, you'd best stage an equally cool reaction.

"Occasionally, you have to let it slide," Berger notes. "You can't get worked up every time your ideas aren't heard."

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News worth sharing.

BLUNDER RESIGNATION AND YOU MAY PAY

When Parmjit Gill left the Concord, Ont., offices of A&D Precision Ltd. after a confrontational meeting with his boss, he did not think it was because he had just resigned, but rather, he assumed he had been fired. The court decided otherwise.

Gill often complained about his job as a machinist, disagreeing with criticism about his work and griping about his pay.

Weeks before his departure, Gill even mentioned to a manager that he might not be around much longer, although he was not always taken seriously because of his past complaints. When a problem with Gill's work on a critical project arose, he was quickly confronted by the president, Tony Derbedrosian, and questioned about how he was doing his job. When Gill suggested to Derbedrosian that he did not like his work, the latter responded by stating, "No, I do not like it when there are mistakes."

Believing he had just been fired, Gill left his machine and went home, never to return. At a recent trial, Gill attempted to prove that he had indeed been fired, in which case he would be entitled to severance.

However, in deciding the case in A&D's favour, the judge noted that a supervisor who overheard Gill's confrontation encouraged him to reconsider leaving but Gill refused.

Later, when Gill called the company to arrange to pick up his tools, he did not express any interest in returning to the job because, according to the judge, "he had no interest in returning."

Canadian courts consistently reject assertions that employees have resigned unless it is clear that this was their true intention.

Here, having left the workplace after an argument, Gill had an obligation to return to work or to contact the company to indicate his desire to return.

Otherwise, it was clear he had no intention of returning. To avoid a similar outcome, here are some simple guidelines: Immediately protest a characterization that there has been a resignation, if it wasn't the intended result. If the situation is unclear, request that your options be outlined in writing and seek specialized advice before taking any action.

▶Individuals who get fired from work are entitled to severance pay, but those who resign are not.

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How to survive the job search

Job search stress can challenge even the most upbeat professionals **Here's some tips on how to cope when the hunt has got you down**

"To have the staying power and resilience you'll need to succeed in your search, you need to maintain your emotional, mental and physical health," explain career consultants Diane Crompton and Ellen Sautter in their new book Find a Job Through Social Networking: Use LinkedIn, Twitter, Facebook, Blogs and More to Advance Your Career.

Here are a few more of their tips for keeping up your energy during your job search.

1. Take a break from your search periodically to re-energize.

2. Plan some fun events that will make you feel good and build your energy and enthusiasm.

▶ Maintaining your cool and staying physically active will help you overcome the challenges of a job search.

3. Don't replay the negatives.

4. Plan a positive and uplifting activity at the end of your day that will serve as an incentive to maintain your focus and general productivity.

5. Realize that it's normal to go through a period of mourning for the loss of your job and allow yourself time for this.

To move forward through this process, focus on next steps.

6. Educate and enrich yourself: Read blogs, articles and books.

7. Use your computer to get useful information and to connect with others. But use it wisely. Too much computer time can be counterproductive and isolating.

8. Stay away from or limit your time with negative people.

They can zap your energy and make it harder for you to stay positive. METRO

Home alone for the holiday season?

As you wave goodbye to roommates and their stuffed duffel bags, you can't help but feel a twinge of sadness as you realize you'll be all alone over the holidays, unable to get the time off work, or afford the flight home.

Consider these tips to get through the holidays:

Start a new project. If you ever wanted to learn to bake, knit, dance, draw, scrapbook, wrap a present properly, or fix a computer, borrow books from the library or use the Internet.

There are numerous how-to videos available online. Impress your friends and family by developing a new skill or showing off a finished product in the new year.

Throw a party. Visit the campus pub and befriend students who also weren't able to make it back home. Host a cultural potluck, having everyone bring a dish that represents their culture. You can decorate your dorm with streamers and a mini holiday tree. Misery loves company, and you may find comfort in having others to talk to.

Share with others. Act on the needs of your community and your world. Volunteer at your local soup kitchen or food bank to help those in your neighbourhood who don't have anywhere else to go. Also remember to think internationally and help children in need around the world through an organization like Christian Children's Fund of Canada.

ISTOCK PHOTO

▶ Not going home for the holidays? Instead of dwelling, make a list of everything you are thankful for.

You can purchase valuable, but inexpensive gifts like a mosquito net to protect against malaria, or a fruit tree to provide nourishment for an entire family. NEWS CANADA

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Sizzling Hanukkah veggie corn fritters

With the eight-day Jewish celebration of light starting today, get in the spirit with this easy-to-make treat

These days, it takes a lot more than a rousing game of spinning the dreidel or some chocolate coins covered with gold foil to keep kids interested in Hanukkah.

It takes even more to get the attention of seemingly eternally bored teenagers.

But cookbook author and mother of four Susie Fishbein has a secret weapon: food.

Kids love to eat as much as they love to socialize, says Fishbein, and Hanukkah is very much about its symbolic foods and hospitality.

She suggests getting your teenagers involved in choosing and preparing traditional foods.

This might not only get them excited about the holiday, but also will create an opportunity to talk.

And she speaks from experience. While developing recipes for her new cookbook, Kosher by Design: Teens and 20-somethings, Fishbein relied on her own teens and their friends to help test the recipes she was creating.

In the book, Fishbein offers fun recipes that serve up new choices for teens who favour fast food. One of those recipes is for veggie corn fritters.

Ingredients:

- 1 small zucchini, cut into 5-mm (1/4-inch) chunks
- 250 ml (1 cup) broccoli florets
- 250 ml (1 cup) cauliflower florets
- 1 large egg
- 250 ml (1 cup) milk or plain unsweetened soy milk
- 15 ml (1 tbsp) canola oil
- 2 ml (1/2 tsp) fine sea salt
- 500 ml (2 cups) dry cornbread mix
- 30 ml (2 tbsp) all-purpose flour
- Canola oil, for frying
- Jarred marinara sauce, warmed, for dipping

Preparation:

1. In a 500-ml (2-cup) measuring cup, place zucchini. Break broccoli and cauliflower into tiny florets.
2. Add enough tiny broccoli and cauliflower florets to the zucchini to make 500 ml (2 cups).
3. Transfer to a microwave-safe bowl. Add enough water to cover, then microwave on high until vegetables are soft, about four minutes. Drain and set aside.
4. In a medium bowl, whisk together egg, milk, 15 ml (1 tbsp) canola oil and salt. With a silicone spatula, stir in cornbread mix until a smooth batter forms.
5. Sprinkle flour over drained cooked vegetables. Mix floured vegetables into batter, using spatula to distribute them evenly.
6. In a large skillet over medium, heat 1 cm (1/2 inch) canola oil until a tiny amount of batter dropped into the pan sizzles. If it sizzles too vigorously, reduce heat.
7. Add batter to oil 50 ml (1/4 cup) at a time. Use a metal spatula to gently flatten each fritter. Work in batches of three or four fritters at a time. Do not crowd the pan.
8. Fry, turning once, until golden brown, 2 to 3 minutes per side. When flipping fritters, flip away from your body to prevent splattering yourself with hot oil.
9. Drain on paper towels. Serve with warm marinara sauce. Makes 10 fritters and takes 40 minutes to prepare.

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Coquitlam Centre

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7500 Scott Road, Unit 104
9182 – 120th Street
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Central City Shopping Centre
Guildford Town Centre
Panorama Village Mall

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370 East Broadway
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7058 Kerr Street
3189 Main Street
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665 Robson Street
1191 Robson Street
6596 Victoria Drive
519 West Broadway
2959 West Broadway
Arbutus Village
City Square Mall
First Avenue Market, Unit 102
Oakridge Centre
Pacific Centre

NORTH VANCOUVER
Capilano Mall

WEST VANCOUVER
Park Royal Shopping Centre

4 sports

Men of honour

Sidney Crosby
Maclean's magazine has chosen Sidney Crosby of the NHL's Pittsburgh Penguins as its newsmaker of the year. Maclean's says the 23-year-old Cole Harbour, N.S., native was chosen for his gold medal-winning goal against the U.S. at the 2010 Vancouver Winter Olympic Games.

Drew Brees
Drew Brees was honoured as Sports Illustrated's sportsman of the year for his championship on the field and his charity off it. Brees became the award's 57th recipient when the magazine made the announcement yesterday on the Today show. The quarterback led the long-suffering New Orleans Saints to their first Super Bowl title in February, lifting the spirits of the hurricane-battered city.

Scan code for sports

Buono back at the helm with Lions

[illegible] his future [illegible] Had option to leave sidelines but remain as GM

Wally Buono needed time to step back before deciding he was the right coach to move the B.C. Lions forward.

Buono knew the talent on the CFL team that rebounded from a horrible 1-7 start to finish the season in the playoffs at 8-10. He also understood the importance of the 2011 season when the Grey Cup will be played at a refurbished B.C. Place Stadium.

The more he thought about it, Buono believed he still had the emotion and knowledge to stay on the sidelines and make a difference. That helped him decide to remain as coach and general manager for at least one more year.

"I have to be able to look at myself in the mirror and be happy with who I am," Buono told a news conference in Surrey yesterday. "Today, coaching is something I still want to do. Coaching is something I want to be successful at."

Buono spent last week meeting with team owner David Braley and Dennis Skulsky, the Lions president and chief executive officer. He also discussed his future with his wife and family.

"I believe for our organization, for our players and coaches, and for myself, this is the best decision for 2011," Buono said.

"Did I have the passion? That's something I wanted to make sure. The emotion of the game is tough. Win or lose, it's always tough."
WALLY BUONO, B.C. LIONS COACH/GM

In 21 seasons Buono has 243 regular-season victories, more than any other CFL coach. But after back-to-back 8-10 campaigns, questions began to swirl if the 60-year-old had lost his touch. Critics wondered about his ability to pick talent and relate to the new generation of players.

"Football coaches don't lose their knowledge," said Buono. "With football coaches you lose how to reach your players."

One of the things Buono is most proud about this season was that the coaching staff never lost the team. They remained united.

"I realized how I approached the team has a very strong influence on how they act," he said. "At times I wanted to be a lot more demonstrative, or a lot more forceful.

"At the end of it, that wasn't the right approach with these guys. The right approach was to build them up, to continually re-enforce that we had confidence in them."

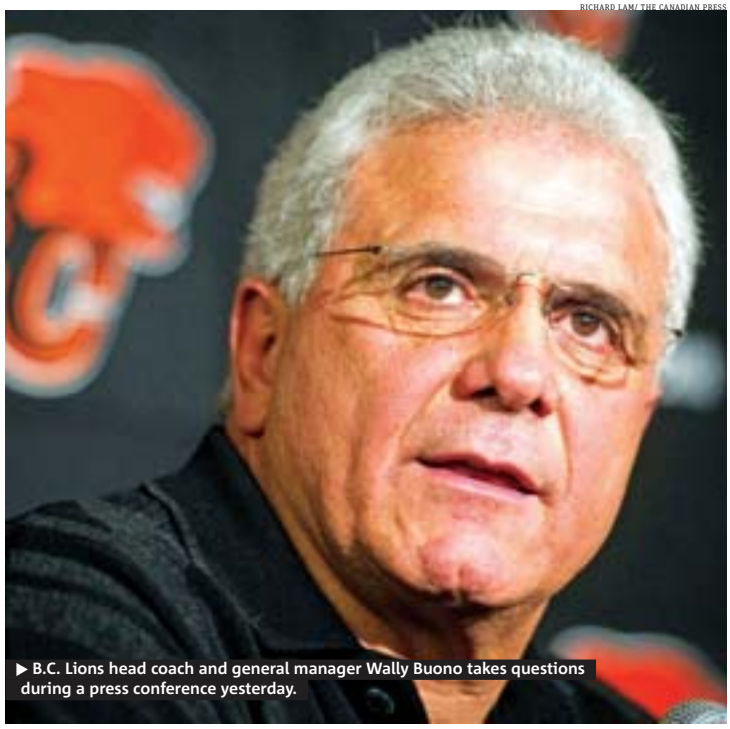
Buono showed patience with the players. He resisted pressure to fire offensive co-ordinator Jacques Chapdelaine and continued to receive Braley's backing.

In October, Buono released veteran quarterback Casey Printers and handed the team over to Travis Lulay, a 27-year-old from Salem, Ore.

The Lions responded by going 7-3 down the stretch, with two of those losses in overtime. The team took third place in the West, then suffered a heartbreaking 41-38 overtime loss to the Saskatchewan Roughriders in the West semifinal.

In total, Buono has four Grey Cup rings, one with the Lions. His record with the Lions is 90-53-1.
THE CANADIAN PRESS

RICHARD LAM/ THE CANADIAN PRESS



▶ B.C. Lions head coach and general manager Wally Buono takes questions during a press conference yesterday.

Opinion

RORY BOYLEN
THE HOCKEY NEWS

PK IS KEY IN 'NUCKS CUP CHASE

The importance of a good special teams unit cannot be understated in the post-lockout NHL world. More penalties are called and, therefore, the man advantage holds a greater influence on game outcomes than it did prior to 2005.

So, the fact the Canucks had the NHL's top power play and fourth-best penalty kill heading into yesterday's games bodes well for their fortunes over 82 games.

Last season, two teams in the league were top 10 in both special teams categories: the San Jose Sharks and Detroit Red Wings. Not bad company, eh?

Vancouver's strong power play shouldn't be much of a surprise when you consider the top line of Henrik and Daniel Sedin along with Ryan Kesler.

Add Alex Edler and Christian Ehrhoff on defence and you have one of the most talented in the NHL. Also the team's PP was sixth in the league last season.

But the penalty kill? The Canucks were a mediocre 18th in that department last year, squeaking along at an 81.6 per cent efficiency rate. It also bit them bad in the post-season, where the Canucks' PK was a morbid 68.5 per cent, last in the league.

So the 86.9 per cent rate they were humming at heading into last night is a marked improvement, thanks largely to the off-season additions of Dan Hamhuis and Manny Malhotra, who are 1-2 on the team in shorthanded time on ice. Add to those performances the key return of Alex Burrows and the ascensions of Jannik Hansen and Alex Edler as reliable shutdown players and the memories of Willie Mitchell, Ryan Johnson, Matt Pettinger and Andrew Alberts are distant.

As long as these type of performances keep up, the Canucks will have division and conference titles in their sights.

▶ Top penalty killer Dan Hamhuis.

NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Washington	25	17	6	1	1	86	68	36	12-1-0-1	5-5-1-0	6-2-1-1	W3
d-Philadelphia	25	15	6	2	2	87	61	34	9-4-0-1	6-2-2-1	6-2-0-2	L2
d-Montreal	24	15	8	1	0	60	47	31	9-4-1-0	6-4-0-0	7-3-0-0	W1
Pittsburgh	26	16	8	2	0	79	62	34	7-5-1-0	9-3-1-0	9-0-1-0	W7
Tampa Bay	25	14	8	2	1	77	81	31	6-2-1-1	8-6-1-0	6-3-0-1	W1
Atlanta	25	13	9	1	2	83	77	29	8-5-0-1	5-4-1-1	7-3-0-0	W6
NY Rangers	26	14	11	1	0	74	69	29	5-7-1-0	9-4-0-0	6-4-0-0	L1
Boston	22	12	8	0	2	59	46	26	4-5-0-2	8-3-0-0	4-5-0-1	L2
Carolina	24	10	11	0	3	71	78	23	5-5-0-1	5-6-0-2	3-4-0-3	L2
Ottawa	25	11	13	1	0	58	75	23	7-6-0-0	4-7-1-0	3-7-0-0	L1
Buffalo	25	9	13	3	0	62	73	21	4-8-1-0	5-5-1-0	5-4-1-0	L1
Florida	22	10	12	0	0	57	57	20	5-5-0-0	5-7-0-0	5-5-0-0	W1
Toronto	23	8	11	2	2	51	65	20	6-4-2-1	2-7-0-1	3-6-1-0	L3
New Jersey	24	8	14	1	1	45	69	18	4-5-1-1	4-9-0-0	4-5-0-1	W1
NY Islanders	22	5	12	3	2	49	75	15	3-4-1-1	2-8-2-1	1-7-1-1	W1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Detroit	22	16	4	1	1	78	59	34	10-1-1-1	6-3-0-0	8-1-1-0	W3
d-Dallas	23	14	8	0	1	68	62	29	8-3-0-1	6-5-0-0	6-3-0-1	W4
d-Vancouver	22	12	7	1	2	68	59	27	8-2-0-1	4-5-1-1	5-4-1-0	W2
Chicago	27	14	11	1	1	86	79	30	6-7-0-0	8-4-1-1	6-3-0-1	W3
Columbus	22	14	8	0	0	62	53	28	6-6-0-0	8-2-0-0	6-4-0-0	L2
Colorado	24	13	9	2	0	85	74	28	7-4-1-0	5-6-1-0	5-4-1-0	L1
St. Louis	23	12	8	1	2	62	64	27	8-1-0-1	4-7-1-1	3-6-0-1	L3
Phoenix	23	11	7	4	1	66	68	27	5-3-2-1	6-4-2-0	7-2-1-0	L2
Anaheim	26	12	11	2	1	66	77	27	8-4-0-1	4-7-2-0	4-4-2-0	W2
Los Angeles	23	13	10	0	0	63	57	26	8-2-0-0	5-8-0-0	3-7-0-0	L4
San Jose	23	11	8	4	0	68	68	26	7-4-2-0	4-4-2-0	5-3-2-0	L1
Nashville	23	10	8	3	2	54	60	25	4-1-3-2	6-7-0-0	5-3-0-2	W1
Minnesota	23	11	10	0	2	56	65	24	7-5-0-1	4-5-0-1	4-6-0-0	L2
Calgary	24	10	12	1	1	67	69	22	6-5-0-0	4-7-1-1	3-5-1-1	W1
Edmonton	23	7	12	1	3	59	89	18	3-6-0-1	4-6-1-2	3-5-1-1	W1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Tampa Bay 4 Toronto 3 (OT)
Nashville 3 Phoenix 0
Chicago 7 St. Louis 5
Atlanta 3 Colorado 2 (OT)
Detroit 5 San Jose 3
Monday's results
Calgary 3 Minnesota 0
Edmonton 4 Ottawa 1
Anaheim 2 Los Angeles 0
Pittsburgh 3 N.Y. Rangers 1
Dallas 4 Carolina 1
Tonight's games
(All times Eastern)
Edmonton at Montreal, 7 p.m.
Boston at Philadelphia, 7 p.m.
Nashville at Columbus, 7 p.m.
Washington at St. Louis, 8 p.m.
Phoenix at Minnesota, 8 p.m.
Vancouver at Calgary, 9:30 p.m.
Florida at Anaheim, 10 p.m.

LIGHTNING 4, LEAFS 3 (OT)

First Period
1. Toronto, Versteeg 7 (Bozak, Gunnarsson) 1:25
Penalties — Komisarek Tor (tripping) 9:54, Versteeg Tor (tripping) 14:01.
Second Period
2. Tampa Bay, Malone 6 (Gagne) 5:18 (pp)
3. Toronto, Kulemin 8 (Kaberle, Versteeg) 11:51 (pp)
Penalties — Kulemin Tor (hooking) 1:16, Kulemin Tor (boarding) 3:50, Tampa Bay bench (too many men; served by Downie) 7:09, Hedman TB (tripping) 10:36, Jones TB (delay of game) 12:58.
Third Period
4. Toronto, Kulemin 9 (Crabb, Komisarek) 7:23
5. Tampa Bay, St. Louis 9 (Downie) 8:25
6. Tampa Bay, St. Louis 10 (Stamkos, Moore) 19:51
Penalties — Kulemin Tor (hooking) 1:15, Jones TB (holding stick) 11:07.
Overtime
7. Tampa Bay, Gagne 1 (Clark) 1:15
Penalties — None.
Shots

Tampa Bay	17	12	9	1—39
Toronto	7	13	5	0—25

Goal — Tampa Bay: Ellis (W,6-4-3); Toronto: Gustavsson (L,3-6-2). **Power plays (goals-chances)** — Tampa Bay: 1-5; Toronto: 1-4.
Att. — 19,063 (18,819) at Toronto.

LATE MONDAY

FLAMES 3, WILD 0

First Period
No Scoring.
Penalties — Regehr Cal (hooking) 6:31, Clutterbuck Minn (slashing) 18:59.
Second Period
1. Calgary, Bouwmeester 3 (Iginla, Tanguay) 3:08
2. Calgary, Iginla 10 (Tanguay, Giordano) 3:26
Penalty — Stajan Cal (hooking) 13:35.
Third Period
3. Calgary, Hagman 7 (Jokinen, Bourque) 18:31 (pp)
Penalties — Giordano Cal (interference) 7:32, Schultz Minn (hooking) 11:06, Burns Minn (tripping) 17:20.
Shots

Minnesota	12	7	13	32
Calgary	11	10	10	31

Goal — Minnesota: Theodore (L,3-3-0); Calgary: Kiprusoff (W,9-11-1). **Power plays (goals-chances)** — Minnesota: 0-3; Calgary: 1-3.
Att. — 19,289 (19,289) at Calgary.

SCORING LEADERS

	G	A	PT
Crosby, Pgh	18	23	41
Stamkos, TB	21	18	39
Ovechkin, Wash	10	22	32
Semin, Wash	18	12	30
St. Louis, TB	8	21	29
E.Staal, Car	12	16	28
B.Richards, Dal	11	17	28
Sharp, Chi	15	12	27
D.Sedin, Vcr	13	14	27
Backstrom, Wash	9	18	27
H.Sedin, Vcr	2	25	27
Perry, Ana	11	15	26
Hejduk, Col	8	18	26
C.Stewart, Col	11	14	25
Eriksson, Dal	10	15	25
Byfuglien, Atl	9	16	25
M.Richards, Pha	9	16	25
Getzlaf, Ana	7	18	25
Heatley, SJ	11	13	24
P.Kane, Chi	9	15	24

Not including last night's games

TRANSACTIONS

BASEBALL

MLB

AMERICAN LEAGUE
TEXAS RANGERS—Agreed to terms with RHP Yoshinori Tateyama on a one-year contract.
TORONTO BLUE JAYS—Named Marty Brown manager of Las Vegas (PCL), Mike Redmond manager of Lansing (MWL), Sal Fasano manager of New Hampshire (EL), Omar Malave manager of the Blue Jays (GCL), John Schneider manager and Jim Czajkowski pitching coach of Vancouver (NWL), Dennis Holmberg manager of Bluefield (Appalachian) and Rick Langford pitching rehab coordinator.
NATIONAL LEAGUE
COLORADO ROCKIES—Agreed to terms with SS Troy Tulowitzki on a 10-year contract.
HOUSTON ASTROS—Agreed to terms with C Humberto Quintero on a one-year contract.
LOS ANGELES DODGERS—Agreed to terms with INF Juan Uribe on a three-year contract.
ST. LOUIS CARDINALS—Acquired INF Ryan Theriot from the Los Angeles Dodgers for RHP Blake Hawksworth. Agreed to terms with LHP Brian Tallet on a one-year contract.

BASKETBALL

NBA

LEAGUE OFFICE—Suspended Charlotte G-F Stephen Jackson one game for verbal abuse of a game official and for failing to leave the court in a timely manner following his ejection during Saturday's game at Milwaukee.
PHILADELPHIA 76ERS—Assigned F Craig Brackins to Springfield (NBADL).

FOOTBALL

NFL

BALTIMORE RAVENS — Waived S Ken Hamlin. Signed FB Jason McKie.
BUFFALO BILLS—Signed G Marc Dile and DB Trae Williams.
CINCINNATI BENGALS — Signed PK Clint Stitser. Waived PK Aaron Pettrey.

HOCKEY

NHL

ATLANTA THRASHERS—Assigned C Patrice Cormier to Chicago (AHL).
CHICAGO BLACKHAWKS—Recalled F Jeremy Morin from Rockford (AHL).
MINNESOTA WILD—Reassigned F Matt Kassian to Houston (AHL).
PHILADELPHIA FLYERS—Loaned G Michael Leighton to Adirondack (AHL).
WASHINGTON CAPITALS—Traded F Tomas Fleischmann to Colorado for D Scott Hannan.

ECHL

LEAGUE OFFICE—Fined the Las Vegas Wranglers an undisclosed amount for its actions following Saturday's game at Ontario. Suspended Cincinnati D Carl Hudson one game and fined him an undisclosed amount for a major penalty and game misconduct during Sunday's game at Trenton. Suspended Utah F Chris Donovan one game and fined him an undisclosed amount for a match penalty during Sunday's game at Ontario.
ELMIRA JACKALS—Loaned C Brock McBride to Houston (AHL) and D Jody Pederson to Worcester (AHL).

LACROSSE

NLL

MINNESOTA SWARM—Announced the retirement of D Colin Achenbach.

SOCCER

MLS

TORONTO FC—Traded M Joseph Nane to Colorado for a 2012 third-round draft pick.

NBA

EASTERN CONFERENCE

ATLANTIC DIVISION	W	L	Pct	GB
Boston	13	4	.765	—
New York	10	9	.526	4
Toronto	6	11	.353	7
New Jersey	6	12	.333	7½
Philadelphia	5	13	.278	8½

SOUTHEAST DIVISION	W	L	Pct	GB
Orlando	13	4	.765	—
Atlanta	11	7	.611	2½
Miami	10	8	.556	3½
Charlotte	6	11	.353	7
Washington	5	11	.313	7½

CENTRAL DIVISION	W	L	Pct	GB
Chicago	9	6	.600	—
Indiana	9	7	.563	½
Cleveland	7	10	.412	3
Milwaukee	6	11	.353	4
Detroit	6	12	.333	4½

WESTERN CONFERENCE

SOUTHWEST DIVISION	W	L	Pct	GB
San Antonio	15	2	.882	—
Dallas	13	4	.765	2
New Orleans	12	5	.706	3
Memphis	8	10	.444	7½
Houston	5	12	.294	10

NORTHWEST DIVISION	W	L	Pct	GB
Utah	14	5	.737	—
Oklahoma City	12	6	.667	1½
Denver	10	6	.625	2½
Portland	8	9	.471	5
Minnesota	4	13	.235	9

PACIFIC DIVISION	W	L	Pct	GB
L.A. Lakers	13	5	.722	—
Phoenix	8	9	.471	4½
Golden State	8	10	.444	5
Sacramento	4	12	.250	8
L.A. Clippers	3	15	.167	10

Last night's results
Boston 106 Cleveland 87
Orlando 90 Detroit 79
Philadelphia 88 Portland 79
New York 111 New Jersey 100
Memphis 98 L.A. Lakers 96
Indiana 107 Sacramento 98
San Antonio 118 Golden State 98
Monday's results
Miami 105 Washington 94
Oklahoma City 95 New Orleans 89
Dallas 101 Houston 91
Utah 109 Milwaukee 88
Tonight's games
(All times Eastern)
Memphis at Atlanta, 7 p.m.
Oklahoma City at New Jersey, 7 p.m.
Washington at Toronto, 7 p.m.
Portland at Boston, 7:30 p.m.
Detroit at Miami, 7:30 p.m.
Orlando at Chicago, 8 p.m.
Charlotte at New Orleans, 8 p.m.
Minnesota at Dallas, 8:30 p.m.
L.A. Lakers at Houston, 8:30 p.m.
Milwaukee at Denver, 9 p.m.
Indiana at Utah, 9 p.m.
San Antonio at L.A. Clippers, 10:30 p.m.

SCORING AVERAGE

	G	FG	FT	PTS	AVG
Durant, OKC	16	142	130	437	27.3
Rose, CHI	14	144	66	372	26.6
Bryant, LAL	17	152	121	451	26.5
Nowitzki, DAL	17	165	94	437	25.7
Ellis, GOL	17	161	78	424	24.9
Gordon, LAC	16	126	117	388	24.3
Westbrook, OKC	18	138	147	429	23.8
Anthony, DEN	16	135	98	380	23.8
James, MIA	18	137	136	427	23.7
Stoudemire, NYK	18	151	115	422	23.4
Martin, HOU	17	109	129	385	22.6
Howard, ORL	16	125	112	362	22.6
Williams, UTA	19	137	113	417	21.9
Granger, IND	15	115	56	326	21.7
Wade, MIA	17	121	113	367	21.6

Not including last night's games

CURLING

CANADA CUP

At Medicine Hat, Alberta
Round Robin
Today games
(All times Eastern)
Draw 1, 10:30 a.m.
Nedohin vs. Kleibrink
Lawton vs. Nichols
Jones vs. Carey
Bernard vs. Scott
Holland vs. McCarville
Draw 2, 2:30 p.m.
Ferbey vs. Fowler
Martin vs. Reid
McEwen vs. Camm
Howard vs. Stoughton
Koe vs. Bawel
Draw 3, 6:30 p.m.
Lawton vs. Scott
McCarville vs. Bernard
Nedohin vs. Holland
Nichols vs. Jones
Carey vs. Kleibrink
Draw 4, 10:30 p.m.
Stoughton vs. McEwen
Bawel vs. Howard
Fowler vs. Koe
Camm vs. Martin
Reid vs. Ferbey
Tomorrow's games
Draw 5, 11 a.m.
Koe vs. Reid
Ferbey vs. Camm
Carey vs. Nichols
Scott vs. Holland
Jones vs. Lawton
Draw 6, 3:30 p.m.
Nichols vs. Bernard
Stoughton vs. Koe
Kleibrink vs. Lawton
Fowler vs. Bawel
Martin vs. McEwen
Draw 6, 8 p.m.
Jones vs. McCarville
Scott vs. Nedohin
Bawel vs. Stoughton
Reid vs. Camm
Fowler vs. Howard

FOOTBALL

NCAA

AP TOP 25

(All times Eastern)
Friday's gmame
No. 24 Northern Illinois vs. Miami (Ohio) at Detroit, 7 p.m.
Saturday's games
No. 1 Oregon at Oregon State, 3:30 p.m.
No. 2 Auburn vs. **No. 18** South Carolina (at Atlanta), 4 p.m.
No. 9 Boise State vs. Utah State, 3 p.m.
No. 10 Oklahoma vs. **No. 13** Nebraska (at Arlington, Texas), 8 p.m.
No. 12 Virginia Tech vs. **No. 20** Florida State (at Charlotte, N.C.), 7:45 p.m.
No. 14 Nevada at Louisiana Tech, 3 p.m.
No. 23 West Virginia vs. Rutgers, Noon
No. 25 Hawaii vs. Nevada-Las Vegas, 10:30 p.m.

SOCCER

ENGLAND

LEAGUE CUP

Quarter-finals
Yesterday's results
Arsenal 2 Wigan 0
West Ham 4 Manchester United 0

ITALY

ITALIAN CUP

Fourth Round
Yesterday's results
Chievo Verona 3 Novara 0
Fiorentina 3 Reggina 0

FRANCE

LIGUE 1

Yesterday's results
Brest 4 Lens 1

NFL

AMERICAN CONFERENCE

EAST	W	L	T	Pct	PF	PA
New England	9	2	0	.818	334	266
N.Y. Jets	9	2	0	.818	264	187
Miami	6	5	0	.545	205	225
Buffalo	2	9	0	.182	229	295

SOUTH	W	L	T	Pct	PF	PA
Indianapolis	6	5	0	.545	282	252
Jacksonville	6	5	0	.545	240	294
Houston	5	6	0	.455	264	287
Tennessee	5	6	0	.455	257	218

NORTH	W	L	T	Pct	PF	PA
Baltimore	8	3	0	.727	250	188
Pittsburgh	8	3	0	.727	254	181
Cleveland	4	7	0	.364	216	229
Cincinnati	2	9	0	.182	225	288

WEST	W	L	T	Pct	PF	PA
Kansas City	7	4	0	.636	285	231
San Diego	6	5	0	.545	310	225
Oakland	5	6	0	.455	255	256
Denver	3	8	0	.273	250	323

NATIONAL CONFERENCE

EAST	W	L	T	Pct	PF	PA
N.Y. Giants	7	4	0	.636	277	240
Philadelphia	7	4	0	.636	310	257
Washington	5	6	0	.455	215	262
Dallas	3	8	0	.273	256	301

SOUTH	W	L	T	Pct	PF	PA
Atlanta	9	2	0	.818	276	209
New Orleans	8	3	0	.727	265	197
Tampa Bay	7	4	0	.636	219	223
Carolina	1	10	0	.091	140	276

NORTH	W	L	T	Pct	PF	PA
Chicago	8	3	0	.727	222	172
Green Bay	7	4	0	.636	269	166
Minnesota	4	7	0	.364	189	239
Detroit	2	9	0	.182	258	282

WEST	W	L	T	Pct	PF	PA
Seattle	5	6	0	.455	209	275
St. Louis	5	6	0	.455	213	231
San Francisco	4	7	0	.364	187	225
Arizona	3	8	0	.273	194	319

WEEK 12

Monday's result
San Francisco 27 Arizona 6
Sunday's results
Atlanta 20 Green Bay 17
Baltimore 17 Tampa Bay 10
Chicago 31 Philadelphia 26
Cleveland 24 Carolina 23
Houston 20 Tennessee 0
Kansas City 42 Seattle 24
Miami 33 Oakland 17
Minnesota 17 Washington 13
N.Y. Giants 24 Jacksonville 20
Pittsburgh 19 Buffalo 16 (OT)
St. Louis 36 Denver 33
San Diego 36 Indianapolis 14

WEEK 13

Tomorrow's game
(All times Eastern)
Houston at Philadelphia, 8:20 p.m.
Sunday's games
San Francisco at Green Bay, 1 p.m.
Denver at Kansas City, 1 p.m.
Buffalo at Minnesota, 1 p.m.
Jacksonville at Tennessee, 1 p.m.
Cleveland at Miami, 1 p.m.
Chicago at Detroit, 1 p.m.
Washington at N.Y. Giants, 1 p.m.
New Orleans at Cincinnati, 1 p.m.
Oakland at San Diego, 4:05 p.m.
Carolina at Seattle, 4:15 p.m.
St. Louis at Arizona, 4:15 p.m.
Atlanta at Tampa Bay, 4:15 p.m.
Dallas at Indianapolis, 4:15 p.m.
Pittsburgh at Baltimore, 8:20 p.m.
Monday, Dec. 6
N.Y. Jets at New England, 8:30 p.m.

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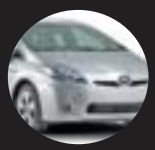
metro play

5 drive

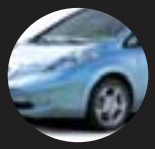
By comparison

Mitsubishi i-MiEV
Base price: $25,000
Electric sub-compact ideally suited for inner-city use arrives in late 2011.

Toyota Prius
Base price: $23,600
Popular fuel-efficient gas-electric hybrid will offer plug-in version in 2011.



Nissan Leaf
Base price: $32,800
Electric-only model will likely sell in mid-$20,000 range after rebate.



WHEELBASE MEDIA

Scan code for more car reviews and news

After years of hype the Volt is finally here, but will there be an electrical storm?

▶ The inner workings of the Volt catapult the four-door sedan into another world of engineering. This would be fine for a one-off show car, but the fact the tooling exists to mass-produce this car — to the tune of 45,000 in the first year — is simply mind-boggling.

Chevy leads the electric revolution

MALCOLM GUNN
DRIVE@METRONEWS.CA
WHEELBASE MEDIA

An automobile revolution is upon us and the Chevrolet Volt is literally leading the charge.

The Volt is one of the most talked-about and eagerly anticipated automobiles of all time since it will be the first truly practical electrical vehicle available for public consumption.

The production Volt is a far cry from the flashier 2007 concept version that toured the auto-show circuit. What has emerged is a fairly conservative compact-sized four-door with a steeply raked windshield, Malibu-inspired nose and a squared-off rear deck. The designers claim that the car looks the way it does so as to slice the air as cleanly as possible, aided by a set of low-rolling-resistance tires.

The Volt concept is simple. The onboard batteries power the electric motor for about 65 kilometres of combined city/highway driving, after which a 1.4-litre four-cylinder gasoline generator engine kicks in to charge the lithium-ion battery pack.

▶ The Volt's information screen shows a mix of battery life and fuel left in the tank for the generator engine.

Total range is about 480 kilometres before either refueling the generator engine with premium-grade pump gas or recharging the 180-kilogram T-shaped battery pack that extends along the car's spine.

The generator itself is rated at 60 kilowatts, or the equivalent of 80 horsepower, while the electric motor produces 111 kilowatts (150 horsepower) and 273 pound-feet of torque.

Since the Volt is electrically powered, there's no transmission per se, but it uses a single-speed controller to engage the drive wheels. However, the operator can select Normal, Sport or Mountain mode, with the latter providing power on steep grades.

Commuters who want to simply charge up the Volt each night for the next day's drive need no special gear; they can plug right into a standard 120-volt electrical outlet.

But where a typical gas fill-up might take 10 minutes, charging takes 10 hours. That time can be cut to three to four hours when using the optional 240-volt charging station.

Although Volt sales won't likely begin in Canada until sometime in mid-2011, GM is planning to find homes for as many as 45,000 units in North America in the car's first year on the market.

There's also no official word on what the car will sell for in Canada, but since a base price of $41,000 has been announced in the U.S., a best guess would be somewhere in the $48,000 to $50,000 range.

That's pretty pricey for most buyers, but some of that cost will be offset through significant fuel savings, not to mention the value attached to piloting the most electrifying vehicle on the road.

The Volt

What you should know about the 2011 Volt:

- **Type:** Four-door, front-wheel-drive compact hatchback sedan
- **Engines (hp):** 111-kilowatt electric drive (150)
- **Transmissions:** Single-speed controller
- **Market Position:** The Volt is the first electric vehicle to be supported by a range-extending four-cylinder internal-combustion engine; it eliminates most of the negatives associated with electric cars
- **Points:** Compared to a traditional hybrid where the electric motor helps the gas engine, the job of the Volt's gas engine is to charge the batteries when they run low; extreme cold weather adversely affects battery performance; 240-volt charging station not included in price; eight-year/160,000-kilometre battery warranty is comforting
- **Stats:** MPG (city/hwy) 1.0 l/100 km (estimated); Base price (incl. dest.) $49,000 (estimated, excluding government rebates)

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2010 Dodge Grand Caravan SXT shown.‡

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SIRIUS SATELLITE RADIO

Wise customers read the fine print: • ♦ *, ††, § The Deck the Driveway Holiday Event offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating dealers on or after December 1, 2010. Dealer order/trade may be necessary. Offers subject to change and may be extended without notice. See participating dealer for complete details and conditions. •$18,995 Purchase Price applies to 2010 Dodge Grand Caravan Canada Value Package (24F) only and includes $6,000 Consumer Cash Discount. Pricing includes freight ($1,400) and excludes licence, insurance, registration, any dealer administration fees and other applicable taxes. Dealer order/trade may be necessary. Dealers may sell for less. See participating dealer for complete details. ♦The up to $500 First Free Payment Offer includes an amount on account of GST/HST (where applicable) and in the Province of Quebec, GST and QST. Customers may choose to have the up to $500 (including taxes) First Free Payment Offer applied to reduce the selling price after taxes of their new vehicle purchase, rather than to cover their first free payment. Offer is available to all retail customers that purchase a new eligible 2010/2011 Chrysler, Jeep, Dodge or Ram from December 1, 2010 through January 3, 2011 (excluding only the following 2010 and 2011 models: Jeep Patriot 4x2/4x4 Sport, Compass 4x2/4x4 Sport, Wrangler 2-Door Sport, Dodge Journey SE, Grand Caravan Cargo Van & Canada Value Package & SE Plus, Ram 1500 Regular Cab 4x2/4x4 and Ram Cab and Chassis). *Consumer Cash Discounts are offered on most new 2010 and select 2011 vehicles and are manufacturer-to-dealer incentives, which are deducted from the negotiated price before taxes. Amounts vary by vehicle. See your dealer for complete details. ††Customer Choice Financing for 36-, 48- and 60-month terms on approved credit through TD Financing Services and Ally Credit Canada is available at participating dealerships to qualified retail customers on most new 2010 Chrysler, Jeep, Dodge and Ram models (except Grand Caravan Cargo Van and Ram Chassis Cab) and select 2011 Chrysler, Jeep, Dodge and Ram models. The following terms apply to TD Financing Services contracts: **(Different contract terms apply to Ally Credit Canada offers. See your dealer for complete details.)** Vehicles are financed over a 36-, 48- or 60-month term with payments amortized over a term of up to 96 months and the pre-determined residual balance payable at the end of the contract. At contract's end, customers have the choice of returning their vehicle through a Chrysler, Jeep, Dodge, Ram dealership with no further obligations (except payment of a $199 return fee and excess wear and tear, mileage and similar charges), financing the remaining balance for the rest of the amortization period at then-current standard rates or paying the residual balance in full. Some conditions apply. Customer Choice Financing offered by TD in Quebec is subject to different terms and conditions. All advertised Customer Choice Financing offers are TD offers. Example: 2010 Dodge Grand Caravan Canada Value Package (24F) with a Purchase Price of $18,995 financed at 5.99% APR over 60 months with payments amortized over 76 months equals 130 bi-weekly payments of $139 and one final payment of $4,655 for a cost of borrowing of $3,694.11 and a total obligation of $22,679.11. Taxes, licence, insurance, registration, excess mileage and wear and tear charges, any dealer administration fees and other applicable fees and charges not included. Dealers may sell for less. See participating dealers for complete details. §2010 Dodge Grand Caravan SXT shown. Price including applicable Consumer Cash Discount and $500 First Free Payment Offer: $25,595. Pricing includes freight ($1,400) and excludes licence, insurance, registration, any dealer administration fees and other applicable taxes. Dealer order/trade may be necessary. Dealers may sell for less. ‡Based on U.S. National Highway Traffic Safety Administration (NHTSA) scoring system for 2010 model year Dodge Grand Caravan. ®SIRIUS and the dog logo are registered trademarks of SIRIUS Satellite Radio Inc. ®Jeep is a registered trademark of Chrysler Group LLC. The Best Buy Seal is a registered trademark of Consumers Digest Communications LLC, used under licence. Customer Choice Financing is a trademark of Chrysler Group LLC.

SIMULATE YOUR WAY TO BETTER FUEL EFFICIENCY

SUBMITTED

▶ Natural Resources Canada is taking its Eco-Simulator to car shows across the country to educate drivers about fuel-saving driving behaviour.

Auto Pilot

MIKE GOETZ
DRIVE@METROEWS.CA

Individual driving styles and habits have a huge bearing on fuel consumption.

This is not news, of course, and most drivers know the difference between a "fuel-ish" driving behaviour and a good one.

Most times it just comes down to common sense — like refraining from tire-smoking burnouts after dropping the kids off at nursery school, using highways more often than sidewalks, and taking the dead moose off the car roof after hunting season.

But according to Natural Resources Canada (NRC), drivers don't often put into practice what they know, and are unaware of what can be achieved by even a relatively small change in driving behaviour.

Which is why NRC has embarked on the mission to take its Eco-Simulator to car shows across the country.

Maybe you've already seen it — it looks like a huge video game, with three large screens and a driver's seat.

"It's a great way of engaging people into this subject," says NCR's Andrew Pape, one of the simulator's handlers. "It's also kind of cool. It attracts lots of attention."

Wherever it goes, there is no shortage of willing participants, says Pape.

I absolutely agree with the premise of the Eco-Simulator: Make the lesson a competition.

Participates get a practice run, then some coaching by NCR on the five time-honoured ways to improve fuel efficiency — accelerate gently, maintain a steady speed, anticipate traffic, coast to decelerate and avoid high speeds.

Pape says when the participants use all five strategies in their second run they usually improve their fuel efficiency score by an average of 25 per cent.

On my one run I achieved a simulated score of 4.41 L/100 km. I didn't do a second because the simulator gave me simulated nausea.

As all participants, I get a printout showing where I deviated from a "best practice" performance. The world record on this device is 3.51 L/100 km, set by auto journalist Russ Bond.

My main problem was going too slow — I often didn't get into the "top gear" which would have given my "vehicle" greater efficiency. Pape says the game's sweet spot for fuel efficiency is 50 to 80 km/hr, exactly where it is in real driving.

Just like real driving, the simulator doesn't take kindly to illegal maneuvers. You get penalized, for example, if you roll through stop signs or go too slowly or too quickly.

And whenever a 17-year-old lad takes a seat and proceeds to Grand Theft Auto his way through the exercise, to show off his disregard for fuel efficiency, Pape and company can do even more than penalize.

"We can turn the road to ice, so he spins off, or we can blow up one of his tires." Nice.

Drivers don't often put into practice what they know, and are unaware of what can be achieved by even a small change in driving behaviour.

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Scion fusion comes to Canada

SECOND GEAR

JUSTIN PRITCHARD
DRIVE@METRONEWS.CA

One of Scion's most interesting models is called the xB, whose first-generation spanned model years 2004 to 2006.

The funky, squared-off five-door crossover wagon initially rode a modified Toyota Yaris platform and boasted big utility, uniqueness and a high degree of customizability. The xB was restyled and updated for the 2007 model year and remains on sale now.

All first-generation xB models got a 1.5 litre four-cylinder engine with just over 100 horsepower driving the front wheels via a four-speed automatic or five-speed manual.

Power accessories, air conditioning and a long list of options like satellite radio, a subwoofer, alloy wheels and cabin mood lighting could be specified.

The specs

- **MODEL:** 2004 to 2006 Scion xB
- **VEHICLE TYPE:** Compact crossover
- **APPROXIMATE USED PRICE RANGE:** $10,000 to $13,000

History/Description
Scion is a youthful and dynamic brand of Toyota that's now selling in the Canadian marketplace via a dealer network set up in selected cities.

What Owners Like
Passenger room, cargo space, visibility, ride comfort, utility and gas mileage are all rated highly by xB owners. Decent handling and the powerful up-level stereo equipment were also praised.

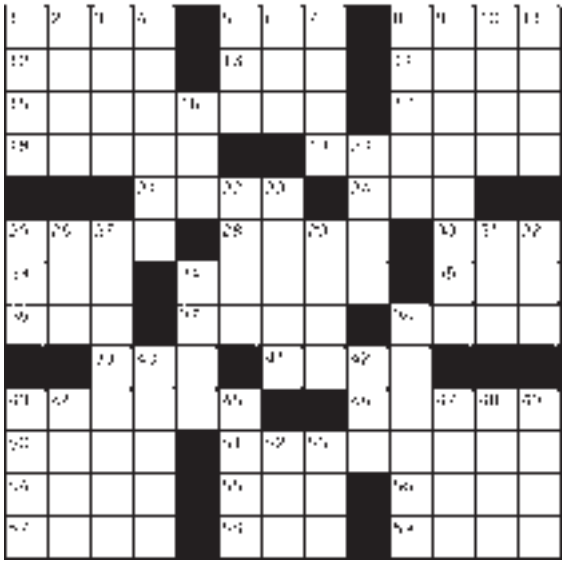
What Owners Hate
Typical complaints of the xB centre around its meagre power output and limited performance during passing and merging. Engine noise and some "cheap" interior parts were other common gripes from Scion owners.

▶ The Scion xB

Common Issues
No serious issues were apparent with major vehicle systems in the xB, though some common sense and a thorough inspection should still be considered mandatory.

The Verdict
A well cared-for xB should prove reliable and unique — though some shoppers will prefer the Honda Element or Nissan Cube for something more familiar and proven.

Crossword



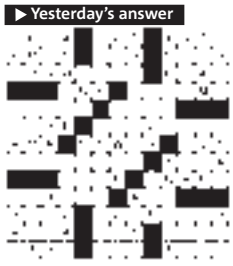
Across

1 Radar signal
5 Type measures
8 Trudge along
12 Top-notch
13 Square root of XLIX
14 Michigan, e.g.
15 Bartender's announcement
17 Largest of the seven
18 Preamble
19 Young cat
21 Payable
24 Piglet's mama
25 Jack's companion
28 Actress Moore
30 In need of repair
33 Coach Parseghian
34 Shoe fasteners
35 Roulette bet
36 Existed
37 Muscat's country
38 Tosses in
39 Seesaw quorum
41 4-Down, e.g.
43 Storefront feature
46 George Eliot's Mr. Marner
50 Line of fashion?
51 Desperate final effort
54 Office part-timer
55 Type
56 Walk in the woods
57 Praiseful verses
58 Chesapeake, e.g.
59 Folk-music byline abbr.

Down

1 "— Ha'i"
2 Give for a time
3 Research facility (Abbr.)
4 Rolls-Royce requirement
5 Actress — Longoria Parker
6 Wire measure
7 Lustrous fabric
8 Aristotle's teacher
9 Most fashionable example
10 Tom Joad, e.g.
11 Jerry's longtime partner
16 Intimidate
20 Wife of Osiris
22 Cheese choice
23 Starbucks request
25 Mandible
26 George's brother
27 Smith or Jones
29 Carte
31 Started
32 Dentist's deg.
34 Symbol of craziness
38 Dismount
40 Cowardly sorts
42 "Guinness Book" suffix
43 Regarding
44 Garden intruder
45 Smooth-talking
47 Den
48 "— silly question, ..."
49 raced
52 Chicken-king link
53 Firmament

▶ Yesterday's answer



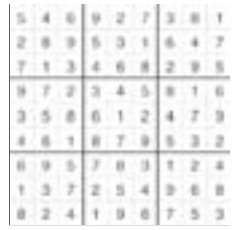
Sudoku

		2				1		
		5	3		6	8		
3				4				9
	6	4	2		1	3	5	
	5	1	9		7	4	8	
8				9				2
		9	6		8	7		
		7				6		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶



Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Hi melly, I just wanted to send you a big kiss and tell you I miss you. But just a little bit. **XOXO YOUR LIL M&M!**

Tom, you are my greatest gift, my love and my life. I am happy because of you. **FOREVER AND COMPLETELY RUTH**

Dear Mike: I know this is a little late, but happy 5 year anniversary! I love you and am so excited to spend the Christmas holiday with you **LOVE NOW, ALWAYS AND FOREVER, ASHLEY**

Calabacito: You know how much I love you hon. And now the world knows it too. I Love You Babe **YOUR COCONUT**

Princess, I never realized what true love felt like till the day I met you. You're my soulmate, best friend, and hopefully one day soon, my life partner. You make my heart race every-time I see you. **BB XOXOX**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You may have to do business with someone you don't like today. Be nice because your prosperity depends on how well you can work together. Think of your bank account balance.

♉ Taurus April 21-May Let others know what you think, even if it means provoking a backlash from people who would rather you did not point out their faults. Make it your business to stir things up.

♊ Gemini May 22-June 21 People are dragging their feet and holding you back. It's about time you did something about it. If they want to take their time, that's fine. But as far as you are concerned, they can do so on their own.

♋ Cancer June 22-July 22 A partnership issue has come to a head and you must deal with it quickly and cleanly. There is no point ignoring it and hoping that it will go away because it won't. Be decisive.

♌ Leo July 23-Aug.23 Don't worry too much if you have fallen behind in your schedule because you will catch up towards the end of the week. For now, take life as it comes and work only when you feel to.

♍ Virgo Aug. 24- Sept. 22 Make a fuss today. Let others know that you will not put up with second rate service. As a Virgo, you always give of your best and you have every right to demand that others do their best when dealing with you.

♎ Libra Sept. 23-Oct. 23 There are a lot of bad things going on in the world but it is still a fantastic place. Keep that in mind today. Don't let negative people spoil your mood. The world needs more smiles.

♏ Scorpio Oct. 24-Nov. 22 You may not know why a so-called "expert" is lying to you, but your sixth sense tells you he or she is. When was the last time your sixth sense was wrong? Follow your instincts.

♐ Sagittarius Nov. 23-Dec. 21 You can, at times, be impulsive. It's one of the things you are good at. But if you take an unnecessary risk today, it could end in tears. If an offer sounds too good to be true that means it is.

♑ Capricorn Dec. 22-Jan. 20 Today, you will see what has been hidden from view these past few weeks. Don't act on this new information immediately — that's what your rivals will be expecting.

♒ Aquarius Jan. 21-Feb. 18 If you let your anxieties get out of hand today, it won't do you good. The events of your life are part of a preordained design that unfolds over time, so trust that you'll always be safe.

♓ Pisces Feb. 19-March 20 A friend needs your advice but you are not sure you want to get involved. Call it as you see it but suggest, gently, that he or she might also want to get some sort of professional help.

SALLY BROMPTON

Caption contest

NORBERT MILLAUER/ THE ASSOCIATED PRESS/ DAPD

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

DANIEL OCHOA DE OLZA/ THE ASSOCIATED PRESS

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GRADUATE REBATE PROGRAM

"The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. ♦Prices for models shown: 2011 Accent 3 Dr GL Sport is $17,844, 2010 Elantra Limited is $22,944. Delivery and Destination charges of $1,495/$1,495 are included. Registration, insurance, license fees and all applicable taxes are excluded. Delivery and Destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. ◊Finance offers available O.A.C. from Hyundai Financial Services based on new 2011 Tucson models with an annual finance rate of 0% for 60 months. †Finance offers available O.A.C. from Hyundai Financial Services based on new 2011 Accent L 3 Dr 5-speed/2010 Elantra L 5-speed with an annual finance rate of 0%/0% for 84/84 months. Monthly payments are $161/$173. No down payment is required. Dealer participation of $500 for 2010 Elantra L 5-speed is included. Finance offers include Delivery and Destination of $1,495/$1,495. Registration, insurance, PPSA license fees and all applicable taxes are excluded. Delivery and destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. Financing example: 2010 Elantra L 5-speed for $14,500 at 0% per annum equals $172.61 per month for 84 months for a total obligation of $14,500. Cash price is $14,500. Example price includes Delivery and Destination of $1,495. Registration, insurance, PPSA license fees and all applicable taxes are excluded. ‡Purchase or lease any 2011 Accent and receive a price adjustment of $1,600. *Leasing offers available O.A.C. from Hyundai Financial Services based on a new 2011 Sonata GL 4-speed with an annual lease rate of 4.4%. Monthly payment is $299 per month for a 60 month walk-away lease. Down payment of $2,600 and first monthly payment required. Total lease obligation is $20,540. Lease offers include Delivery and Destination of $1,495. Registration, insurance, PPSA license fees and all applicable taxes are excluded. ‡‡Purchase or lease any 2011 Tucson and receive a price adjustment of $4,000. ▲Based on 2011 Tucson 6-speed manual 2.4L FWD vs. 2010 Tucson 6-speed manual 2.4L FWD. ^Based on EnerGuide fuel consumption ratings. Actual fuel efficiency may vary based on driving habits and conditions. Fuel economy figures are used for comparison purposes only. ^^Based on combined fuel consumption rating for the 2011 Sonata GL 6-speed manual. Thrifty 6.7L/100KM. City 9.1L/100KM. Highway 5.2L/100KM. Based on 2011 Energuide estimates. Fuel consumption ratings based on Natural Resources Canada's (NRCan) New Car Fuel Consumption Report. The 2011 Hyundai Sonata GL 6-speed manual is the most fuel efficient non-hybrid mid-size car in Canada. ∞Based on the October 2010 AIAMC report. ΔSee your dealer for eligible vehicles and full details of the Graduate Rebate Program. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions, to all the trim levels of the 2011 Sonata produced after July 2, 2010.